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HOW TO BECOME A SENSUOUS WITCH

Spells, rituals, and recipes for a livelier love life

BY ABRAGAIL AND VALARIA



KEEP YOUR CAULDRON STEAMING!

Whether you are an accomplished witch or a novice who doesn't know her astral colors from her amulet, *How To Become A Sensuous Witch* will provide all the spells, charms, and recipes you need to put more dash in your diary.

There are spells to drive a man to ecstasy, to get rid of unwanted lovers, to increase sexual potency, to gain power, and to guarantee fidelity.

There are bewitching recipes for every meal of the day—including, of course, midnight snacks. From Apples Aradia to Samhain Soup, the recipes are simple, sophisticated, unusual—and delicious proof that the way to a man's heart is through cooking with love and witchcraft!

HOW TO BECOME
A SENSUOUS WITCH

HOW TO BECOME A SENSUOUS WITCH

by Abigail and Valaria

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Introduction

by Dr. Raymond Buckland

Cycles and parallels. These are what constitute the progress of Man through Life. The cycles are, as has often been pointed out, in fads and fashions repeating themselves at regular intervals. The intervals may be long or short. Witchcraft, hand-in-hand with magic, was high in popularity in the Middle Ages. Although there has been a very long interval, witchcraft and magic are high in popularity once again.

By contrast there have been many and short intervals between the heights of interest shown in cookery books or recipe books. At present they too are once again high in popularity.

This present book, firstly, brings together these two "popularity cycles," magic and cookery.

In 1558 Giambattista della Porta, a Neapolitan, produced a book called *Magia Naturalis* (*Natural Magic*). It became a best seller, being translated into six different languages. In the book Giambattista covered many aspects of chemistry and physics, but also dealt with such things as recipes for "Beautifying Women," "Strange Cures," "Perfuming," and, among many others, "Cookery."

This present work makes its second mark as one of the parallels found in life, for it is a parallel of Giambattista della Porta's work. It is written by two delightful sorceresses ("enchantresses" might be a better word), Abragail and Valaria. It is to be hoped that it, too, will become a best seller, translated into many languages.

It is a collection—a potpourri—of cookery, spells, charms, etc., from the world of the occult. A "natural magic" for the nineteen-seventies.

Della Porta offered some fascinating recipes in his work: "Remedies against the Pox; How the Hair may be dyed Yellow; To make Hair grow slowly; How Spots may be taken from the Face; To hinder the breasts from augmenting; A woman deflowred [sic] made a virgin again; How to counterfeit infirmities; To preserve Lillies upon their stalks for a long time; How Creatures, made drunk, may be catch'd with the hand; To change Lead into another metal; To correct the ill scent of the Armpits; To make sweet Powders; How to make Sheep's flesh tender; That an Egg may grow bigger than a man's

head; That Women may be made to cast off their clothes and go naked," and many many more.

Abragail's and Valaria's book may not have quite the scope of Giambattista's, but I guarantee that all the recipes may be tried with impunity. For the cookery portions of the book let me say that it is a rare individual who does not do "an Oliver Twist" and ask for more, when sampling the culinary arts that they produce.

On the magical side, both Abragail and Valaria have a good background of *practical* occultism, not just theory. When you try their spells you will find that they work. Why? I don't know. Perhaps it is that, like the book and its two charming creators, it's magic!

Raymond Buckland, Ph.D.

The Buckland Museum of
Witchcraft and Magick,
Long Island, New York.

Preface

Blessed be!

Witches and sorcerers have been plying their trade for centuries. There has never been a time in history when there was no "wise one" in the towns and villages. Entering her cabin, hut, or tent you would have found strange artifacts: statues of gods or goddesses, weird smelling concoctions brewing in a cauldron. If you came to her with a love problem, she might have suggested a sacrifice to Diana, a prayer to Aradia, an offering to Habondia, or perhaps that you introduce a somewhat noxious potion into the food or drink of your intended "victim." She surely was the Wicca (wise one). She held all the answers to your problems and generally was able to solve them in short order.

The public image of a witch has always been of a little old crone with a wart on the end of her pointed nose. Not so! Morgan LeFey, Vivian (The Lady Of The Lake), and many others were beautiful, exotic women, with no visible warts anyway.

Many men have fallen prey to the charms and spells of a witch and, as in the fairy tales, "lived happily ever after." You, as a mini (or just about to start) witch, must always keep in mind that through the use of a spell and a philter you may fool him in the evening; but if he turns over the next morning and sees the real you (if you tend to look like I do in the A.M.), forget the spell for keeping him. While every man loves the idea of being sacrificed to a witch, don't let the dawn show up that wart on your nose!

Witchcraft, a religion as old as time itself, has in its resurgence created an interest in a practice as old as time itself, Magic. This book deals in Magic . . . a par-

ticular kind of Magic . . . the art of using the occult (ritual, incantations, and potions) in getting a new lover, ridding yourself of a used lover, and getting your favorite Wednesday night male away from his wife.

I think perhaps it is time to define a few items. By sacrifice we don't mean that you carve a heart on his thigh with your sharpest kitchen knife. Rather we mean the kind of sacrifice in which you carve a large, juicy steak. The heart on his thigh you "carve" with love oil.

There is a difference between a witch and a sorceress. Witchcraft is a religion of nature. Yes, witches cast spells; however, they call upon the deities of their religion to help them. A sorceress does not necessarily believe in the same gods and primarily relies on her own powers and knowledge of herbs and roots.

As a witch, and a sorceress, respectively Valaria and I have had the same problems that you all must be running into . . . trying to find eye of newt, toe of frog and making it palatable for someone to drink without his going into a catatonic state. Researching old books on spells, we discovered a number of herbs and oils that can be substituted for the more noxious concoctions and work just as well, even better, we have found.

Before you embark on the road to seduction we have paved for you, with cookery and magic, I would imagine it is important for you to know of our credentials. I, for one, would never trust anyone unless I was aware of their records of success. Valaria and I could give you dozens of names of satisfied potion takers; but you might decide you'd like to meet them, and then where would we be? Sit tight now, here we go.

Valaria is a practicing witch. She does not belong to a coven, as she prefers to practice alone and on her own. Her witch heritage goes back centuries, the most recent a grandmother from Bohemia who practiced the craft during the 19th century. She was well known for her

spells pertaining to the art of love and seduction (women even thought of such things then). Val has always had an interest in the occult sciences and was psychic as a child.

Never sure from where the psychic emanations were coming, she discovered her leanings about ten years ago. While perusing an old trunk, she found an old letter written on fine parchment with an oddly colored ink. The letter was simply addressed to "Valaria." As she was named after her grandmother, at first she thought it was an old love letter sent to the first Valaria and naturally hastened to open it. After reading the letter, she realized that it was written to none other than herself. She found this strange, since her grandmother had died long before she was born. The letter informed her where she would find certain books on magic belonging to the deceased. With much haste Val repaired to the hiding place and, to her delight, found the books in question. Her once more or less casual interest now became acute and the next ten years were spent in learning the craft.

Approximately one year ago we met. I am Abragail. By a twist of fate we had been sharing the same astrologer, for many years and he finally introduced us.

I am a sorceress who has become adept in the arts of seduction and love through the study of herbology and the making of philters and potions. In modern terms you may say that I have studied with the best in the business.

With our joint interest we formed a company called The Witches Cauldron, a metaphysical supply company that specializes in items concerned with love and love magic. We don't mean to brag; however, "male-wise" our record has been second to none. Our research has taken us to many places in many countries . . . countless men have sampled our cookery and happily (unknown to them) have drunk our philters.

It has occurred to us that in giving you our secrets,

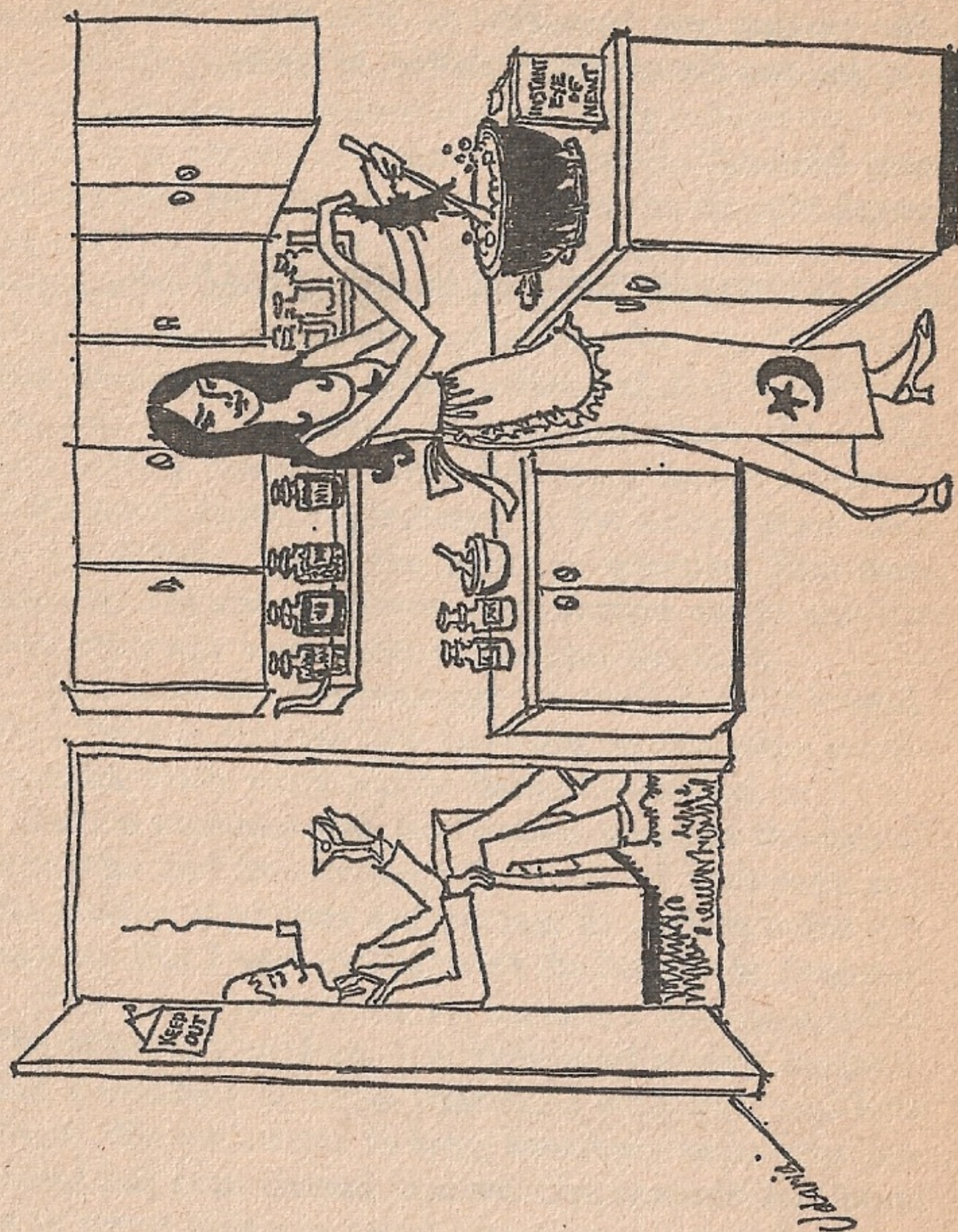
you just may turn around and turn the tide on our success. "Not true," says Valaria. "Why, if they try it we'll just do another spell . . . a hex spell."

We have never met an unsuccessful witch . . . read on and you, too, will be a success. A word to the wise. Love spells are best cast on a Friday. That way, when they work, you can always sleep later on Saturday.

Happy hunting!

Abragail

GOOD WITCHKEEPING SEAL OF APPROVAL



CHAPTER 1

Eye of Newt and Other Delectables

"The convenstead awaits your presence . . . I have prepared my witch's brew and spread Kerscrac and Hecese for your consumption."

—Mullein, *Notes on the Anatomy of a Witch*, 1629, Paris.

So where do you begin? It depends on the present state of your love life, certainly, but basically you begin with yourself. If this is the first time you've tried witchcraft, you're probably a little skeptical about your ability to make it work. Start, then, with the

SENSUOUS WITCH SPELL

On a night of Venus (Friday) take a bath in lovage root. After drying off, cover your body with oil of musk. Light a red candle and burn a pleasant smelling incense. Stand naked in front of the mirror and, placing your hands on your body, gaze into your eyes (through the mirror) and repeat the following incantations:

Soft my skin as Diana's
Smouldering eyes as Aradia
Sensuous as the goddess, my mother
Fascination for me and no other.

Repeat this three times, feeling the true sensuality of your whole being.

Then you'll want some spells of attraction. If you already know the man you want to attract, you're ahead of the game. But if no one in your office appeals to you,

if your friends' husbands are dull, if you're in a strange town, you're going to have to find a perfect stranger. (All right, you know and I know that few strangers are perfect, but he's probably not the Boston Strangler.) Try this:

SPELL TO MEET A STRANGER ON A SUBWAY, BUS, OR WHEREVER

As you are sensuous now, it is no big problem to attract the attention of someone, be he three feet away or hanging onto the same subway strap. Plant your stare on a point near his eyes—an ear or even a mouth—never a nose as he'll become self-conscious thinking it's too big or the wart is showing. As you stare keep saying over and over to yourself "YOU WANT ME, YOU WANT ME." Try to get rather close to him (although this is not necessary, it does help). Imagine the warmth clinging to you that you are conveying to him. Keep repeating the "you want me."

Now you've met your stranger; he's made a date and you're sure enough that you've picked the *right* stranger that you are ready for a few more potent spells:

SPELL TO GAIN THE INTEREST OF A WOULD-BE LOVER

Mix equal parts of rosemary, cinnamon, lemon leaves. Grind them to a powder. Burn the grains in a charcoal briquet while saying the following:

Herbs of Love

Power true,

Ever will he feel the fire,

to consummate this love is my desire.

Repeat three times before your encounter.

SPELL TO GAIN TOTAL POWER OVER YOUR LOVER

Burn a purple candle and his and your astral candles (astral candle colors on page 73). Light incense of Mercury and repeat this incantation:

Purple for power

Strength and bondage

Bring (name) to me in spirit

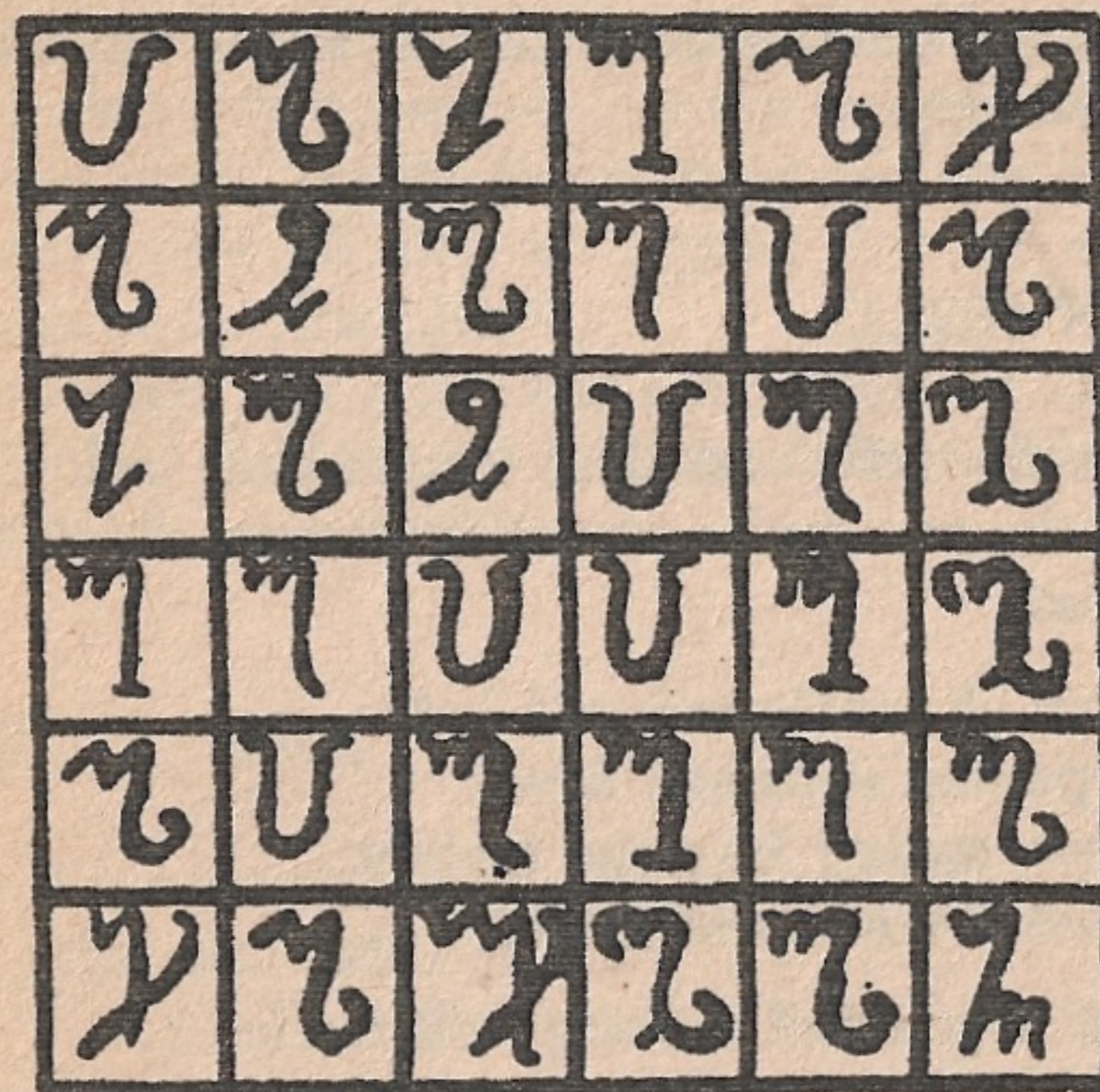
At the next midnight hour.

When back home I send that soul

Mine he'll be in total control.

LOVE TALISMAN

On the first Friday night of a full moon, etch the following in a piece of copper:



Thinking of the person you desire, burn a red candle and incense. On the following Friday, consecrate the talisman with water and salt, concentrating on your

desire. On the following Friday, annoint the talisman with oil and sew it into a piece of silk. Wear it near your heart. Your desires will be fulfilled.

RITUAL FOR POWER

Sit on the floor and burn two purple candles plus your astral color candle (See page 73 if you've forgotten what your astral color is.) Light the candles from the left to the right. Burn a strong smelling incense.

Concentrate on the objective of your power. Chant three times:

"David small slew Goliath tall,
Power be mine,
Forever in time."

Blow out the candles from the left to the right. Repeat every Thursday.

PASSION SPELL

Light a red candle and place it near your bed. Concentrate on the one you're expecting. Repeat the following incantation:

Flame of candle red and hot
My passion ebbs and flows.
(name, name) be mine tonight
Before the last star glows.

. . . And if you feel nothing will work:

Forget the food
One diaphanous gown
Answer the door when he calls

Grab him and throw him to the floor
Whisper two little words in his ear
Hope he gets the hint
(repeat the two little words 3 times).

Okay, he's enchanted, he's yours, and he's coming to your place for dinner. It's going to be a lovely evening, with cocktails, a fine meal, and who knows what? So at this point we insert the

SPELL TO PROTECT YOU FROM TEMPTATION

I don't believe you really want to be protected from temptations, so I'm not going to tempt you by giving you a spell.

The hors d'oeuvres you serve now will give only a hint of what is to come, but you can rest assured that he will want more. Try the incantations and spells for extra insurance—after all, isn't it magical that he arrived at your pad in the first place?

Don't forget soft music and dim lights—not too dim or he'll feel like the fly in the old story. Remember you want to be a witch, not a spider.

DEVILLED EGGS

Halve 6 hard-cooked eggs and remove yolks. In a bowl mash yolks and add:

1 tsp. Dijon-style mustard	1/2 tsp. crushed tarragon
2 tbsp. sour cream or	1/2 tsp. curry powder
mayonnaise	1 tbsp. lemon juice
few drops Tabasco	salt to taste

Spoon mixture into cooked whites and garnish each with a few dashes of paprika and a little chopped parsley.

TOADSTOOLS à la GRECQUE

In a saucepan combine:

1 cup water	1 crushed bay leaf
1/4 cup lemon juice	1/2 tsp. celery seed
1/2 cup olive oil	1 doz. peppercorns
1 tbsp. chopped parsley	

Boil 10 minutes.

Add 1 pound whole mushrooms and cook 10 minutes (or until tender). Cool in liquid, preferably overnight.

Drain, chill, and serve garnished with lemon slices and watercress.

SOUL SAUCE . . . to wake him up

Combine 2 to 3 days ahead and refrigerate until served:

1/2 cup chili sauce	1/8 tsp. pepper
1/2 cup well drained horseradish	1 tbsp. vinegar
1 tsp. Worcestershire sauce	1 tsp. celery seeds
1 tsp. minced onion	few dashes Tabasco
1/2 tsp. garlic salt	2 tbsp. sugar
	1 tsp. celery salt

Serve as a dip with almost anything.

Also great as a hot barbeque sauce with cocktail franks or sausage.

COQUILLE

Cook 2 lb frozen shrimp as directed adding to water:

1 celery stalk, cut up coarsely	2 bay leaves juice of 1 lemon
---------------------------------	----------------------------------

Arrange cooked shrimp in 6 individual baking dishes or coquille shells. Blend together the following:

2 sticks butter	1/2 tsp. tarragon
1 cup bread crumbs	1 tsp. salt
1/2 cup sour cream	1 tsp. Worcestershire sauce
1/2 cup parsley	1 tsp. A-1 sauce
2 crushed garlic cloves	1 tsp. coarsely ground black pepper
juice of 1/2 lemon	

Cover shrimp with mixture and bake at 400° until tops are lightly browned.

COOL CUKES

Peel 6 medium size cucumbers (or score them with a fork), trim off the ends, and cut into 1/8 inch slices. Let the slices drain on a paper towel for about 30 minutes.

Let 8 ounces of cream cheese stand at room temperature to soften. In a bowl combine cream cheese with 2 tbsp. of sour cream, 1 tsp. of minced onion, 1 tbsp. fresh chopped dill. Add a dash of cayenne; salt to taste. Sandwich fill between 2 cucumber slices. Chill for 20 minutes before serving.

SALEM SAUSAGE

(hors d'oeuvre) Serves 4-6

3/4 lb sweet sausage, chopped	2 tsp. Dijon-style pre- pared mustard
3/4 lb hot sausage	2 containers frozen Pills- bury crescent rolls
1/2 tsp. crushed fennel	1 onion, chopped fine
1 egg beaten with 1 tsp. water	

Sauté sausages and onions; drain off fat and mix in fennel and mustard. Add beaten egg into mixture. With a rolling pin, flatten crescents to piecrust thickness.

Spread mixture onto each triangle and roll up starting at wide end. Bake in 350° oven until golden brown. Serve with mustard.

ANCHOVY ANTICS

2 two oz. cans flat anchovy fillets	2 tsp. lemon juice
2 medium garlic cloves, finely chopped	Fresh ground black pepper
1 tbsp. tomato paste	10-1/2" slices French bread
1-1/2 tbsp. olive oil	1 tsp. chopped parsley
	1 small jar pimientos, sliced

Drain oil from anchovies and place them in a wooden bowl with the garlic and tomato paste. Pound with a wooden spoon until the mixture is smooth; add the oil a few drops at a time until the mixture becomes thick. Stir in the lemon juice and pepper to taste.

Brown one side of the bread in the broiler. Take out and spread the mixture on the untoasted side. Top with pimientos. Bake in a 500° oven for 10 minutes. Garnish with parsley and serve hot.

TOTAL PASSION

Dry elecampane, vervain, and mistletoe in an oven and grind to a powder. Sprinkle liberally over the predinner goodies of the desired one. He'll wear you out, we guarantee.

If you want a very tranquil lover, add small amounts of vervain to his hors d'oeuvres or drink. It is a natural tranquilizer, . . . but who wants a tranquil lover?

DEVILLED OYSTERS

1 pt. oysters (fresh or canned)	1 tbsp. Worcestershire sauce
1/2 cup cracker crumbs	1 tbsp. chopped parsley
1/4 cup finely-chopped celery	1 tbsp. ketchup
2 tbsp. minced onion, (lightly sautéed in butter)	Few dashes of Tabasco sauce
	2 tsp. lemon juice
	Pinch of thyme
	Salt and pepper

Poach oysters in their liquid until edges curl. Remove oysters and stir in the remaining ingredients. Replace the oysters and turn the mixture into two individual buttered casseroles. Sprinkle the top with bread crumbs, dot with butter, and bake at 425° for about 15 minutes or until oysters are sizzling. Can serve 4 as an hors d'oeuvre or 2 as an entrée.

INSTANT WITCH HORS D'OEUVRES

(To be served alone or with any of the dips mentioned in this chapter.)

White radishes sliced lengthwise, marinated in soy sauce and garlic powder, garnished with dill.

Zucchini peeled and sliced lengthwise, marinated in soy sauce and cumin powder, garnished with sesame seed, and dipped in sour cream.

Green peppers sliced thin, marinated in vinegar and garlic powder, garnished with paprika.

Large corn chips oven-baked with a small slice of Jack cheese on individual chips. Bake until cheese has melted.

WATER CHESTNUTS

1 can drained water chestnuts
1/2 lb bacon
toothpicks

Marinate water chestnuts in soy sauce for a few minutes. Slice bacon in half or thirds, wrap around water chestnuts, and spear with toothpicks. Broil, turning once, until crisp. Drain on paper towel and serve. Garnish with sesame seeds.

SCALLOPS SATAN

1 lb bay scallops	3-4 freshly squeezed
1 tsp. sesame seeds (lightly	lemons
crushed, or use 2 drops	1 clove crushed garlic
sesame seed oil)	Salt and pepper to taste
1 tsp. fresh chopped parsley	
2 scallion greens, thinly	
sliced	

Marinate the raw scallops in the above ingredients in the refrigerator for about 5 hours. Serves 4-6 people.

CAULDRON CHEESE

3/4 lb cream cheese	Salt to taste
3/4 lb pot cheese	3 tbsp. grated onion
8 mashed anchovies (or 2	1 clove garlic, crushed
tsp. prepared anchovy	2 tbsp. prepared mustard
paste)	2 tbsp. paprika
2-3 tbsp. capers	1/2 cup flat beer
2 tbsp. caraway seeds,	
crushed	

Cream cheeses together or mix in a blender. Add remaining ingredients and blend well. Pack into small crocks and chill overnight. Serve with pumpnickel bread.

HERB CHEESE SPREAD

1 cup cottage cheese	3 tbsp. milk
1/2 tsp. minced onion	Dash of pepper
1/2 tsp. sage	1/2 tsp. celery salt
1 tbsp. fresh lemon juice	

Combine cottage cheese and spices thoroughly. Use as a dip for raw cauliflower buds.

CHEESE CARAWAY

1/2 cup cubed cheddar	1/4 tsp. garlic salt
cheese	1/2 lb frankfurters
2 tbsp. sherry	(cooked)
Few dashes Tabasco	Caraway seeds
1/8 tsp. onion powder	

Heat all the above ingredients, except frankfurters and caraway seeds, in a double boiler, stirring until smooth.

Cut frankfurters into 1-inch pieces, spear with picks, and dip into cheese sauce. Sprinkle with caraway seeds and cool on waxed paper. Makes approximately 3 dozen.

CHEESE CUBES WITH FRENCH DILL DRESSING

Cut sharp cheddar into cubes. Place on dish with toothpicks.

Serve with French dressing dip made from the following:

2 tbsp. mayonnaise

1 tbsp. ketchup

Dash of Worcestershire sauce

Dash of Tabasco

Garlic powder, salt and pepper to taste. Sprinkle fresh dill over cheese.

FIG AND BACON BITS

Wrap figs in bacon, spear with toothpicks, and broil until crisp. Garnish with sesame seeds.

CHAPTER 2

Soups, Sauces, Salads, Sandwiches, and Sex

"My cook provided us with a repast of soup and salad and periwinkles on biscuits. . . . A full stomach does not gain entrance to the temple of Aphrodite."

—*Warlock, Wizard and Witch*—House of Liag Publerbus, Inc., 1970.

Quickies are for eating, not loving.

Just think! If you can prepare a light meal the night before you will have all that extra time for loving. Sex is much better on an empty stomach, and this way you will not have to worry about a burnt pheasant drying in the oven while you smack it up in the bedroom.

Try a light repast of salad and a groovy sandwich. If you haven't tried it yet, you'll be favorably surprised. A bit of advice from two who know: married or single, don't try it *too* often. A healthy man likes his food as he does his women, mostly hot.

SPELL TO MAKE A QUICKY A LONGY

Place the ingredients you are working with in front of you. Touch each article and think of your lover while repeating the following:

I prepare a repast for you now, something light that will whet your appetite. The time for food is now, but later I promise you me and something greater.

. . . and after dinner, another spell to do it again but less thinner.

I've fed you food for your tummy and soul; now take care of me and mine.

Repeat 3 times while you burn incense . . . and forget the dishes.

TO DRIVE A MAN TO ECSTASY

War god flame his blood
Pan enlarge his lust
All erotic gods in you
I trust.

Burning a red candle and a woodsy incense, repeat the above 15 minutes before an encounter with your lover.

BOHEMIAN BORSCHT

1 large onion, coarsely cut	1 cup canned cooked potatoes with liquid
3 stalks celery with leaves, coarsely cut	2 tbsp. red wine vinegar
2 medium carrots, thinly sliced	2 tbsp. sugar
1 small cabbage, shredded	1/4 tsp. ground cloves
1 cup cooked beets with juice	1 cup tomato puree
	4 cups beef consommé
	Salt and pepper to taste

Sauté onion in butter until almost transparent. Add carrots, celery, and cabbage, and sauté 5 minutes. Add beets, tomato puree, consommé, and simmer for at least an hour. Add potatoes and simmer for 30 minutes longer. Add the vinegar, sugar, and cloves, and simmer for another 30 minutes.

Serve very hot with heaping tbsp. of sour cream per portion. Serves 6-8.

CONSOMMÉ DE CONJURER

8 cups beef broth or consommé (left-over vegetable liquids can be used instead of some of the consommé; beef cubes can be used if desired).

6 bay leaves	1/4 cup port wine
1 tsp. crushed mint	1 tsp. lemon juice
2 tbsp. sugar	Generous pinch saffron
1/8 tsp. cumin, ginger, chili powder, cardamon	1 cup cooked rice

Combine broth and bay leaves, bring to a boil, and simmer uncovered for 10 minutes. Remove from heat, and steep covered for about 15 minutes. Discard bay

leaves. Add all remaining ingredients except wine, and simmer uncovered for 10 minutes. Just before serving, add wine. Serves 8.

CORIANDER SAUCE

(To stir emotion in those who partake!)

Serve over cold chicken or turkey.

In a saucepan blend 2 tbsp. flour and 2 tbsp. butter. Stir the roux while cooking for one minute. Remove from heat and blend in 1 cup heavy cream and 1/2 cup sour cream. Bring mixture to a boil, stirring constantly. Simmer for a few minutes and add:

1/4 cup ground walnuts	1 tsp. seasoned salt
4 tsp. dill	1 tsp. tarragon
1 tsp. basil	1 tsp. onion powder
1/2 tsp. garlic salt	1 tsp. powdered coriander
1/4 tsp. cayenne	

Can be served hot or cold.

PASSION DRESSING

1 or 2 garlic cloves	1 tbsp. wine vinegar
3/4 cup tomato juice	1/2 tsp. salt and pepper
3/4 tsp. each marjoram, basil, and thyme	3 tbsp. cottage cheese

Mash (or put through garlic press) garlic and cottage cheese. Add remaining ingredients, put in jar, and shake thoroughly. Chill. Makes 1 cup.

GINGER SAUCE ORIENTAL

1 cup water
1/4 cup sugar
1/4 cup vinegar
3 tbsp. finely chopped crystallized ginger
1 tbsp. soy sauce

Combine above ingredients in a sauce pan and simmer for 10 minutes. As it cooks add 1/3 cup of chopped mushrooms and 1/3 cup of chopped scallions. Cook additional 5 minutes or until the mushrooms are tender. Salt to taste; stir in 2 tsp. of cornstarch mixed with a little water until the mixture thickens.

This is perfect with any Poseidon (fish) dish.

COLD KING CRAB LEG

1 can King Crab meat separated into bite-size pieces

1 tsp. curry powder	2 tbsp. mayonnaise
1 tsp. fresh chopped dill	1/2 cup sour cream
Dash of Tabasco	Pinch of salt and sugar
1/4 tsp. pepper	

Blend well all of the above ingredients and add to the King Crab. Serve over lettuce with well-chilled dry white wine.

COLD SHRIMP

1 lb frozen shrimp	1/2 clove crushed garlic
1 tsp. tarragon vinegar	1 tsp. chopped fresh dill
1 bay leaf	or 1/4 tsp. dried dill weed
1/2 tsp. salt	

Cook the shrimp in two cups of water in which the above ingredients have been added. Bring to a boil and let stand for 10 minutes. Drain and chill. Serve with any of the preceding dressings.

SALAD SORCERY

"Anoint my body with your sweet smelling oil, and I will peel your grapes."

—*Rosa de Farquier, Witch of the Scots, 16th Century.*

HERB SALAD DRESSING

3 to 4 tbsp. olive oil	1 tbsp. vinegar
1/4 tsp. prepared mustard	Salt and pepper to taste
1/4 tsp. each chopped chives, parsley, tarragon, and chevil	

Blend thoroughly. Makes about 1/4 cup.

WHITE GODDESS DRESSING

Blend together:

1/2 cup sour cream	Generous pinch sugar
1 tbsp. mayonnaise	1/2 tsp. salt
2 tbsp. lemon juice	1 tsp. fresh chopped dill
1 tsp. horseradish	1 tsp. fresh ground pepper

Add a couple dashes of Worcestershire sauce. Serve over mixture of crisp lettuce and raw spinach.

CUMIN DRESSING

1/4 cup lemon juice	1 tbsp. parsley
1/2 cup olive oil	1/4 tsp. basil
1/4 tsp. cumin	Salt and pepper
Dash garlic powder	

Combine the above and serve over crisp raw spinach with black olives, lots of crumbled feta cheese, and thinly sliced onion rings.

GREEN BEAN SALAD

Steam 3 packages of frozen whole green beans (or 1-1/2 lb fresh beans) in a cup of chicken consommé in which a little white wine has been added. Drain and combine with the following dressing:

3/4 cup olive oil	1/8 tsp. sage
1/2 cup white wine vinegar	Salt and pepper to taste
1 tsp. sugar	1 medium onion, thinly
1 clove crushed garlic	sliced in rings
1/4 tsp. rosemary, coarsely crushed	

Marinate in refrigerator for at least 1 day, tossing occasionally. Serves 6.

COOL CUCUMBER SALAD

2 cucumbers	1/2 pt. plain yogurt
Fresh or bottled mint	Salt, garlic salt, and
(Cross & Blackwell mint sauce)	pepper to taste

Peel cucumbers and slice thin, salt, and put them in a bowl with a heavy object over them, to press out as much water as possible. Let stand in this way for at least 1/2 hour. Drain. Add sprinkle of salt, pepper, and garlic salt. Mix cucumber slices with the yogurt and about 1/2 tsp. liquid mint or 4 chopped mint leaves. Chill 1 hour before serving. Approximately 4 servings.

HOT SPINACH SALAD

4 cups raw spinach leaves, loosely packed with stems removed

1 tbsp. finely chopped onion	Salt and pepper to taste
6 slices bacon	1/2 cup lemon juice
	1/4 tsp. sugar

Fry bacon in large skillet, drain, and set aside. Add to remaining drippings the onion, lemon juice, sugar, and salt and pepper. Add spinach and toss until thoroughly covered with the hot dressing. Top with crumbled bacon. Serves 2.

RED BEAN SALAD

1 can red kidney beans	1 can chick peas
1 can cut green beans	1 green pepper, sliced in
1/2 red onion, sliced in thin rings	thin rings

Marinate overnight in the following dressing:

1/2 cup olive oil	1 tsp. parsley
1/4 cup wine vinegar	1/2 tsp. basil
1/2 tsp. sugar	1/2 tsp. salt
1/2 clove crushed garlic	Fresh ground pepper

VITALITY SALAD

2 cups grated carrots	1 tbsp. lemon juice
1/4 cup raisins	2 tbsp. mayonnaise
1/4 cup walnuts, chopped	Salt to taste
1/4 tsp. mace	

Steep raisins in boiling water for a few minutes. Drain and combine with the remaining ingredients. Heap over lettuce. Serves 4.

MOON MUSHROOMS

1/2 lb whole, fresh mushrooms	4 tbsp. olive oil
2 tbsp. lemon juice	Pinch dry mustard
	Pinch crushed basil

Slice the mushrooms 1/8 to 1/4 inch thick. Arrange in a small deep bowl and marinate 2-3 hours in the remaining ingredients. Serve as an hors d'oeuvre or as a salad over a bed of watercress.

HERBAL SOUP (6 servings)

1/2 lb dry white beans soaked overnight in water, or 1 can prepared beans, drained*

1 tsp. olive oil	3 chopped celery stalks
1 clove garlic, chopped fine	2 potatoes, diced
1 tsp. parsley	1-1/2 qt. water
1 tbsp. tomato paste	1 cup of ziti

* If using prepared beans, add with ziti.

1/8 lb salt pork, diced	2 carrots, sliced
1 small onion, chopped	2 zucchini, diced
1 tsp. basil	Salt and pepper
3 tomatoes, peeled and chopped	6 tbsp. parmesan cheese

Drain the dried beans and boil them in salted water for one hour or until tender. Heat oil in a large pot, add salt pork, garlic, onion, parsley and basil; brown lightly. Add tomato paste thinned with a little water and cook for about 5 minutes. Add balance of ingredients and slowly cook for about 50 minutes. Add ziti and cook until tender. Serve with parmesan cheese sprinkled on the top.

PENANCE PEA SOUP

2-1/2 qt. water	1 cup green split peas
1 small onion	1 large potato, cut up
6 carrots, cut up	6 stalks of celery, cut up
3 sprigs of fresh dill or 1 tsp. dry dill	1-1/2 tsp. salt
3 sprigs of parsley or 1 tsp. dry parsley	1/4 tsp. pepper, freshly ground
1/4 lb butter	2 franks or croutons (optional)

Bring to a boil 2-1/2 quarts water. Add onions, potato, celery, carrots. Then add split peas that have been soaked for 1/2 hour in cold water. Cook these ingredients gently for 1 hour. Then add dill and parsley. Cook an additional 1/2 hour. Put soup through a food mill or blender; add butter and cook slowly. Add more seasoning, if necessary. Garnish with small pieces of franks or croutons.

SPECIAL SANDWICHES (For those special teas)

To 1 jar marinated artichoke hearts add 1/2 tsp. sweet basil. Allow to stand a few hours. Drain and split in half. Place on buttered split finger rolls; close and chill.

Cut cherry tomatoes into thin slices. Add chopped chives and cover with vinaigrette dressing. Refrigerate for at least 15 minutes. Fill split finger rolls and serve.

Split finger rolls and spread generously with mayonnaise flavored with cognac to taste. A good ratio is 1 tbsp. cognac to 1 cup mayonnaise. Fill rolls with chilled cocktail shrimp.

LUNCHEON

Slice an English muffin. Spread with a few drops of tomato paste. Add 1 slice of salami and 1 slice of mozzarella cheese. Add a few more drops of tomato paste. Season with oregano and hot red pepper. Garnish with slices of black olives. Grill in oven. Serve with ice cold beer.

WARM HEART WARM

4 slices of bread	2 slices of American
2 slices of boiled ham	cheese

Make 2 sandwiches. Dip into beaten egg. Fry in butter on both sides under low flame until the cheese melts. Garnish with canned pineapple slices.

SANDWICH SUPREME

Trim the crusts off thinly sliced white bread; spread the remainder with mayonnaise. Slice a cucumber very thin and place on bread. Sprinkle with dill. Add salt and pepper to taste. Top with another slice of bread. Make heaps of these as they go fast. Serve with ice cold beer.

FANTASIA

- 2 thinly sliced pieces of French bread
- 2 slices of turkey roll
- 2 slices of ham
- 2 slices of bacon
- 2 slices of Swiss cheese

Spread bread with French dressing. Place ham, turkey, and cheese on bread; cover top lightly with French Dressing and one slice of bacon. Garnish with parsley. Place under broiler until bacon is brown and cheese has melted.

CHAPTER 3

Food and Charms for Carnal Coven Calisthenics

"We have been tossed and thrown over the boundless tides of emotion . . . it is now time to cast off the yoke and break an egg or two together."

—*Abragail, Sorceress*, 1969

He has spent the night . . . don't blow it now. After an evening of hardy calisthenics, his appetite's as big as a bear. No cream cheese on date nut bread and English tea, please.

Something satisfying and revitalizing will go over much bigger. If he looks too pooped to spend the day between the bed and the dining room table (and that's your trip), you'd best try a spell or two. Who knows, he may move in, if only on weekends?

GINSENG ROOT

The ginseng root is shaped like a man and has definite therapeutic value. Sprinkled in food or taken in capsule form, it is a terrific vitalizer.

And if you decide to go back to bed . . .

DREAM SPELL

Before going to sleep, mix rosemary with a small amount of wine vinegar and water, and place it on your chest. It will bring you dreams of your future, perhaps lying beside you?

MORE DREAMS

Place mugwort under your pillow. It will bring you dreams of your lover. (Hopefully you won't have to dream; he'll be sharing your pillow.)

BETHROOT

Take a pinch of bethroot. Place it in the breakfast that you are cooking. The man to whom you serve it will be drawn to you in a very romantic, sexy way.

THIS IS MY BODY. EAT.

Take a hot bath. When you have dried yourself, stay in the hot room and cause yourself to perspire. Cover yourself with enriched flour. When the flour dries, scrape it

off. Add water to the flour and make small cakes. Before the cakes are baked take a small piece of paper and write on it the following:

SATOR
AREPO
TENET
OPERA
ROTAS

Bake the cakes and serve them to your lover, making sure he eats every crumb. This will bring you everlasting luck and happiness.

SPELL TO AWAKEN A SLEEPING MAN

Lie on your back and concentrate on your bedmate *and* your desire. As you restlessly move around repeat, the following incantation, from 3 to as many times as necessary.

Desire like a breeze blows hot and cold . . .
Awaken Knave and love me bold!

EARLY MORNING SEX RECIPE

Get up and brush your teeth. Quietly flip back into bed, cough loudly three times, and repeat the following ritual and spell.

I blow in your ear and fuggle Muzzle;
why you don't wake up to me is a puzzle.
I'll give you a morning of "exotic delight".
Awaken now; remember last night.

CELTIC OMELET

1 tsp. butter	1/4 cup diced ham
1 medium onion, chopped	1 medium green pepper, chopped
1 cup cubed, cooked cold potatoes	2 tsp. milk or cream
4 eggs	

Place butter in frying pan; add onions and green peppers. Cook until they are transparent. Add potatoes and, when they are brown, add ham. Keep on lowest flame. Then mix eggs quickly with cream or milk and add to mixture. Should be finished in a minute or so.

EGGS ESBAT

2 eggs	Pinch of salt, pepper, thyme, and garlic powder
3 tsp. butter	
2 tsp. bread crumbs	
4 cherry tomatoes	

Place 2 tsp. butter in a small oven-proof dish and place in broiler until butter is melted. Remove and sprinkle with breadcrumbs. Break eggs onto bread crumbs and sprinkle with pepper and thyme. Cut tomatoes in half and sprinkle with garlic powder. Arrange cut side up around the dish and sprinkle with salt; then dot with remaining butter. Place under broiler until eggs are of desired consistency.

PAN (THE GOD THAT IS) CAKES

Separate 3 eggs. Beat egg whites until they stand in peaks. Into the egg yolks, add one cup of crushed cracker

crumbs, 1/4 tsp. coriander, salt & pepper to taste. The mixture should have the consistency of loose paste. Very carefully fold this mixture into the egg whites; heat a pan with oil or Crisco. Drop mixture into pan in little pancake sizes (make each one about the size of a silver dollar). When bubbles form on top, flip the pancakes over.

Serve with fruit jelly and hot black coffee.

MORNING MADNESS

Slice a small onion and sauté in butter; season with 1/2 tsp. tarragon. Allow to turn a golden brown. Quarter a tomato and add to the onions. Stir in 3 tsp. of Worcestershire sauce and 2 drops of Tabasco. When mixture is soft, add some chunks of mild cheese. Lightly beat 4 eggs and add to sauce. Stir frequently until done. Garnish with parsley. Serve with Danish Marys (bloody Marys with aquavit instead of vodka).

INSTANT BODY WARMING BREAKFAST

Strong black coffee laced with brandy. Fresh figs. Croissants with butter and honey.

EGGNOG EROTICA

4 eggs, separated	Pinch of salt
4 tsp. sugar	1 pt. of heavy cream
4 tsp. bourbon	Grated mace
4 tsp. cognac	

Beat the egg yolks with sugar until thick. Slowly add bourbon and cognac. Chill for an hour while you go back to bed. Add the salt to the egg whites and beat them until they are almost stiff. Whip the cream until it is stiff and fold into the yolk mixture. Fold into egg whites and you go back to bed for another hour while the concoction chills. When you're up to stay (for a while), serve in large iced mugs. Sprinkle with grated mace.

CHICKEN LIVERS AND EGGS

1/2 lb of chicken livers	1/4 tsp. sage
1/8 cup butter	1 slice of prosciutto, diced
1/4 tsp. salt	1/4 cup marsala
1/8 tsp. pepper	4 bread triangles, toasted

Cut the livers in half and simmer in half the butter together with the seasonings and prosciutto. Cook for 6 minutes. Remove the livers and place on toasted triangles. Add the rest of the butter to the pan gravy and heat. Mix well and pour over livers. Serve with poached eggs. Garnish with pepper. Serve with chilled white wine.

SUPERSCREWDRIIVER

2 glasses of orange juice	6 tbsp. light cream
2 eggs	2 shots of vodka

Blend all together and serve.

STEAK 'N' EGGS

Rub a small steak with a few drops of oil and a dash of oregano. Salt and pepper to taste. Pan broil. Place 2 poached eggs on top. Sprinkle with paprika for color and passion. Brew lots of strong coffee. Serves two.

CROWN CRABMEAT AND EGGS

1 cup crabmeat	1/4 tsp. pepper
4 eggs	1 tbsp. chives
1/2 tsp. salt	3 tbsp. butter

Separate crabmeat. Beat the eggs with spices and chives. In a pan simmer crabmeat in half of the butter and cook gently. Add the eggs and the balance of the butter, stirring gently until set. Serve with French bread and white wine.

APPLES ARADIA

Apples are a well-known sex food. Instead of a standard breakfast food, try the following to entice and enchant.

1/2 cup sifted flour	1-1/2 tbsp. of sugar
3/4 tsp. baking powder	1-1/4 cup diced aples
1/8 tsp. salt	1 egg

Sift flour, baking powder, salt, and sugar. Drain apples and add beaten egg. Add all ingredients and mix well. Drop apple fritters in deep fat or oil, frying on both sides until golden brown. Then serve with mace sauce:

1/4 cup sugar	3/4 cup of apple juice or cider
2 tsp. corn starch	1/2 tsp. lemon juice
Pinch of salt	1 tbsp. butter
1/4 tsp. mace	

Combine corn starch, sugar, salt, and mace. Gradually add apple juice, stirring until thickened. Cook, stirring constantly until thickened. Add lemon juice and butter, stirring until the butter is melted.



CHAPTER 4

Amorous Amulets for His Sweet Tooth

"Witch, what foul play that adds extra weight to my [hiatus in manuscript]." From the 16th century play, *Calarium Counterum*, author unknown.

Two things you shouldn't do if you really want to be a sexy witch: don't eat amulets and don't eat desserts. He may, however, have a lovely sweet tooth. The answer is bake it, but don't take it yourself.

Amulets are natural magical properties you carry to make yourself attractive to the members of the opposite sex. You give them to other people to carry. You rub them, wear them, sprinkle them, etc.

Goodies are natural things you bake, give others to eat, carry to work to give your boss . . . or your lover.

It is important at this point that you don't get mixed up. NEVER eat a mandrake root or a cream pie.

MANDRAKE ROOT

Carried on your person, it attracts the opposite sex to you. In small amounts, it is a great virility root. Don't mess with it though, as it is also a poison. Carry a piece of it and watch your luck change.

The root has an interesting story. It is said that it only grows where a man has been hanged and his semen has fallen on the ground. You must go to the place at the midnight hour on the night of a full moon. Bring a dog that hasn't been fed for a day or so and a piece of meat. Tie the dog's leg to the root. Go behind a tree and stuff your ears with cotton. Throw out the meat near the dog. As he pursues the meat, he will pull the mandrake from the ground. The root screams so loudly that it will kill the dog and you, too, if you are not careful.

I know where to get the dog and the meat, but I cannot help on the dead man, that is, the hanged variety.

TONKA BEAN SPELL

On the night of a full moon go with your lover to a quiet place. You each should take a bean. Kiss the beans, and then exchange the beans and kiss each other. You will be together as long as the beans do not split.



PASSION AROUSAL

On a night of Venus (Friday), take a piece of blue silk. Sew it into a pouch. Put orrisroot (love root) into the pouch and sew it up. While you are doing this, concentrate on the person you wish to attract. Burn crystal of musk and pray to the goddess Venus for your lover to come. Wear the amulet on your person when you expect to see the object of your desires.

EGYPTIAN PARADISE SEED

Carry it with you, if you can find it. (Try a health food or herb store). It is a very strong love charm as an amulet.

CELTIC PAINTED PEBBLE SPELL

Paint the pair of pebbles with your lover's astrological sign and your sign. Give one to him with the instruction that he should keep it with him always. Both of you carry your pebble close to your heart. You will be together spiritually while apart physically.

SABBAT SPICE

- 1 loaf bread (preferably stale)
- 1 lb mixed sultanas, currants, raisins
- 1 tbsp. mixed spice, nutmeg, cinnamon, allspice, cloves, etc.
- 4 oz. margarine or meat-drippings (not Crisco or the like)

Soak the bread in water or milk and squeeze dry. Mix the bread, fruit, spice, and melted fat. The resulting mixture should be dark brown and smell spicy. Grease a dish and put mixture in. Cook for 1 hour in 375° oven. Check for doneness by inserting a knife; it should come out clean.

Warning: Keep out of the reach of children if you want any left for yourself! May be served as dessert, with coffee, or just attacked between meals (tsk! tsk!).

WALNUT DELIGHT DROPS

3/4 cup butter	2 whole eggs
1 cup flour	1 tsp. vanilla
1 tsp. baking powder	5 tbsp. milk
1/2 tsp. salt	3 cups dry oatmeal
1/2 cup brown sugar	1 cup chopped walnuts
1/2 cup granulated sugar	

Cream butter and add flour. Sift the baking powder and salt into this. Add brown sugar and granulated sugar, vanilla, eggs, and half the milk. Beat until smooth. Add remainder of milk, oatmeal, and walnuts. Mix well.

Drop teaspoons of dough on greased baking sheets and bake at 350° for 12 minutes.

RUM PUMPKIN PIE

3/4 cup brown sugar	1/3 cup sugar
1 envelope unflavored gelatin	3 egg yolks (save whites)
1 tsp. cinnamon	1/4 tsp. ginger
1/2 tsp. nutmeg	1/2 tsp. salt
1-1/4 cups cooked pumpkin	3/4 cup milk
	1/3 cup rum

Bake a 9-inch pastry shell at 450° for 8-10 minutes.

In a saucepan combine all the above except the pumpkin and rum. Bring to a boil and stir for one minute. Remove from heat and stir in cooked pumpkin and rum until blended. Chill mixture until slightly thickened.

Beat remaining egg whites with sugar until they are stiff and fold them into mixture. Spoon into baked pie shell and chill until firm. Serve with whipped cream.

ZABAGLIONE

6 egg yolks	3 tbsp. sugar
1/3 cup Marsala wine	

In top of double boiler, with portable electric mixer at high speed or with rotary beater, beat egg yolks with sugar until light and fluffy. Gradually add Marsala, beating until well combined. Over hot, *not* boiling, water beat at medium speed for 8 minutes, or until mixture begins to hold its shape. Serve as soon as done in little small glasses or demitasse cups.

CARAMEL CUSTARD

1-1/4 cups sugar	1 tsp. vanilla extract
4 eggs	Whole blanched almonds
1 can (14-1/2 oz.) evaporated milk, undiluted	Whipped cream

Preheat oven to 350°F.

Spread 1/2 cup sugar evenly over bottom of an 8-inch round baking dish. Heat in oven 30 to 35 minutes, or until sugar is melted to a golden brown syrup. Remove from oven; let cool 10 minutes or until hardened.

Meanwhile, in medium bowl with rotary beater, beat eggs well. Add $\frac{3}{4}$ cup sugar, the evaporated milk, $1\frac{1}{2}$ cups water, and the vanilla; stir until sugar is dissolved. Pour into prepared baking dish. Place in shallow pan; pour hot water to 1-inch level around dish. Bake 1 hour or until silver knife inserted in center of custard comes out clean. Cool; then refrigerate until well chilled.

To serve: Run small spatula around edge of dish to loosen. Invert onto shallow serving dish. Decorate with almonds and whipped cream. Makes 6 servings.

BANANAS BACCHUS

$\frac{3}{4}$ cup sugar	2 tbsp. wine vinegar
$\frac{1}{2}$ tsp. ground cloves	$\frac{1}{2}$ tsp. cinnamon
2 bananas, peeled and halved	

In a saucepan bring sugar, vinegar, and spices to a boil. Drop in bananas, cook 2-3 minutes, turning once. Each side should be well glazed. Serve immediately.

SPICE CAKE

$\frac{1}{2}$ cup butter	1 tsp. ground cloves
$\frac{2}{3}$ cup sugar	$1\frac{1}{2}$ cups sour cream
2 eggs	$\frac{1}{2}$ cup currants
$\frac{1}{4}$ cup flour	$\frac{1}{2}$ cup slivered candied orange peel
3 tsp. cocoa	$\frac{1}{3}$ cup slivered almonds
2 tsp. cinnamon	
$1\frac{1}{2}$ tsp. baking powder	
$1\frac{1}{2}$ tsp. ground cardamom	

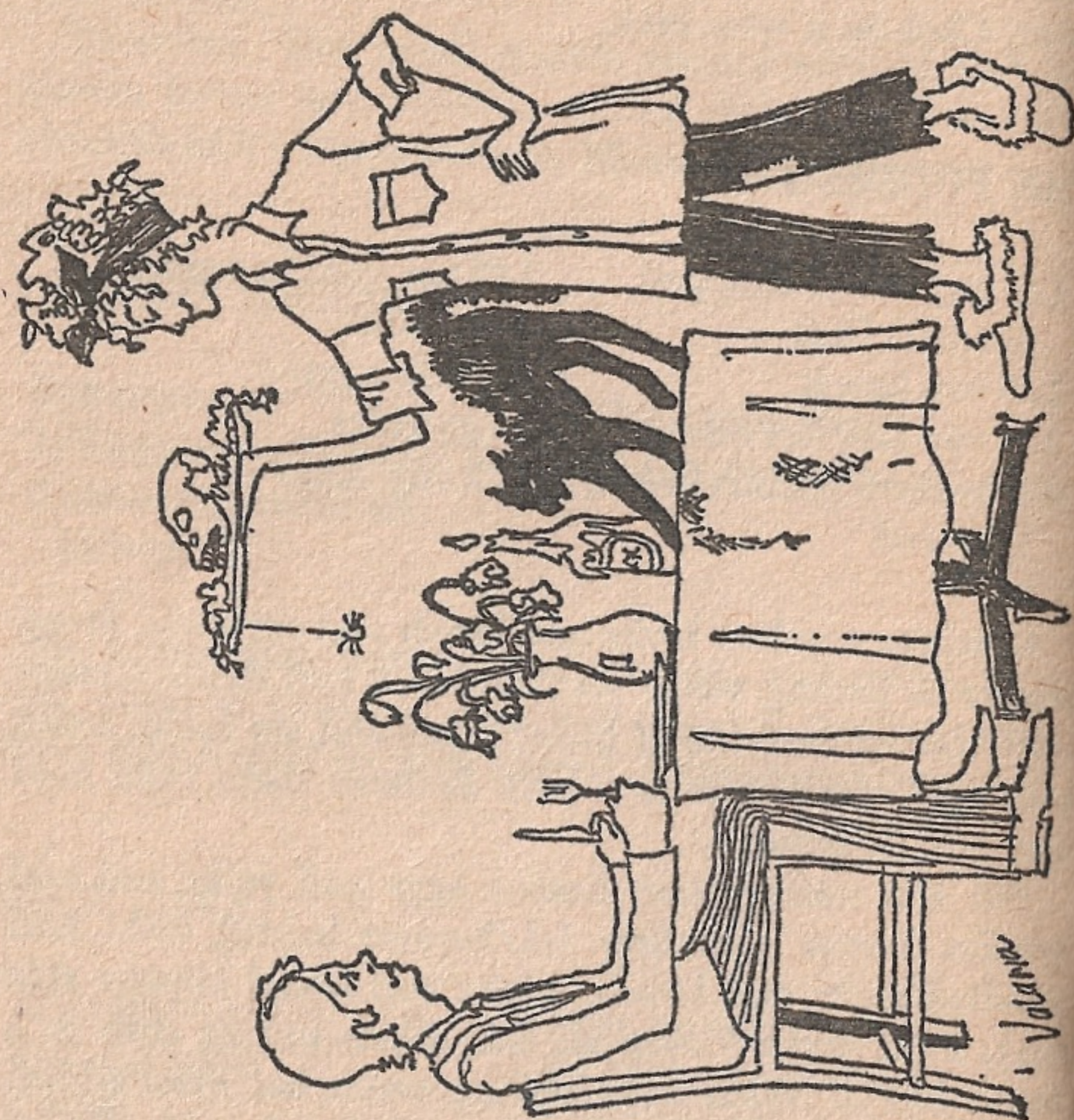
Combine the butter and sugar in a bowl until they are light and fluffy. Thoroughly beat in the two eggs. Sift together the flour, cocoa, cinnamon, baking powder, cardamom, and cloves. Combine the two mixtures alternately with the sour cream. Add to the batter the currants, orange peel, and almonds. Pour into a buttered and floured 5x10-inch loaf pan. Bake at 375° for one hour. Cool on a wire rack.

PAN PUDDING

$\frac{1}{4}$ cup mixed chopped candied fruit	$\frac{1}{2}$ tsp. vanilla extract
$\frac{1}{8}$ cup kirsch	1 pt. milk
$\frac{1}{4}$ cup seedless raisins	3 whole eggs
6 thin slices French bread, buttered	2 egg yolks
	$\frac{1}{2}$ cup sugar

Combine candied fruits and kirsch and set aside. Steep raisins in boiling water for 5 minutes and drain. Generously butter one side of bread slices and set aside. Bring milk and cream just to a boil. Remove them from heat and stir in sugar.

Stir this mixture into beaten eggs and yolks and add vanilla. Butter a shallow $1\frac{1}{2}$ -quart baking dish. Add candied fruits and kirsch, raisins and bread (butter side up). Pour custard over all this. Place baking dish in a large pan in which some boiling water has been added. Bake 45 minutes or until set. Sprinkle lightly with allspice mixed with sugar. Serve at room temperature. Makes 6 servings.



CHAPTER 5

Getting Rid of a Freddy

"What, marry Freddy?"—Eliza *My Fair Lady*, 1950.

Every girl needs a Freddy at least once in her life. Perhaps when the big romance goes back to his wife (or never leaves in the first place), or that love affair you've been hot on for a few months fizzles out like last week's club soda.

Freddys are great! They take you to all the plays, the best restaurants. So what if they wear short socks and ready made bow ties? Well, you wanted one, and now you're stuck with him. (They also call a minimum of 2 times a day and invite you for a date two weeks in advance.) How do you dump him? The old garlic soup trick is great and it is one way, though it does seem a shame to ruin a gourmet meal. Why not use the recipes in this chapter for someone you really go for, and just try the spells for Freddy? With garlic soup you have to chance getting rid of everyone, including your old family doctor. It all depends on how strongly you feel about "What, marry Freddy?" The boy your mother would love to see you marry.

If you are determined to cook a last meal for Freddy: while we didn't include recipes, we did put in a few menu's, all headed:

FREDDY'S FLIGHT

FREDDY'S FLIGHT NO. 1

Cream cheese and jelly on burnt toast, accompanied by a glass of cranberry juice. Serve on paper plates and

forget napkins. Talk about last night's date. Don't make the bed and rumple it more.

FREDDY'S FLIGHT NO. 2

Soft boiled eggs, 1 minute only
2 lady fingers
cup of old coffee (yesterday's leftover)

Serve in cups with broken handles. Casually put pipe from another encounter near Freddy's place.

FREDDY'S FLIGHT NO. 3

Oatmeal cookies soaked in warm water for 3 seconds and skim milk. Serve oatmeal cookies in paper napkins and milk in carton. Do you have any doubts? We know how to dump a dummy.

DRAGONS BLOOD SPELL

Burn a stick of dragons blood (an extract from a tree indigenous to Malaya) in an open window at midnight for seven evenings. It will rid you of bad luck and evil spirits . . . and a Freddy.

GET AWAY FROM ME SPELL

Buy some lost and away powder (from a *botanica*, or send away for it). Put the powder on a piece of paper. Write the name of the person 13 times on the paper. Fold the paper and seal it with wax. Bury it in a copper bowl of dirt for 13 days. Every day water the spot with damnation water oil. On the 14 day, dig up the packet

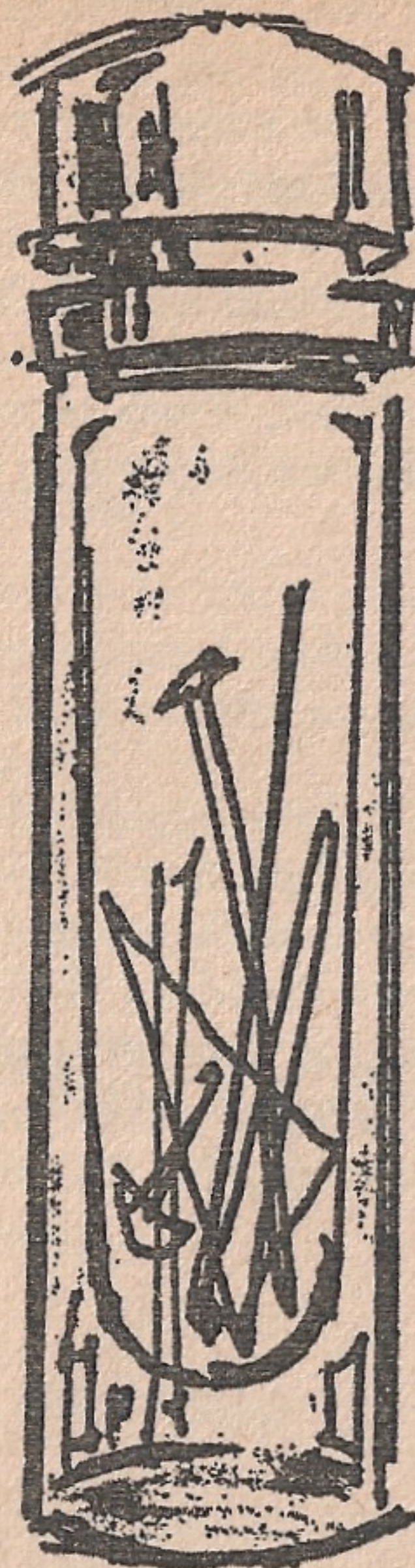
and burn it to ashes. Scatter the ashes to the wind to complete the ceremony.

TO GET RID OF AN UNWANTED LOVER

In black ink write the name of the object of your annoyance on a piece of paper. Fold the paper into a small square and burn it in the flame of a black candle. Gather the ashes and take them to a windy hill or high building. Throw the ashes into the wind, chanting: "Wind of the East, Wind of the West, Winds of the North and South, scatter (name) affection for me into the winds and away forever . . ."

GARLIC SPELL

Take a garlic bulb (any supermarket variety will do). Make sure it is very ripe. Sew it into a black pouch and wear it around your neck for one week. Guaranteed, this will get rid of a Freddy, a Herbie, or a Johnny. We are confident that you can get back Herbie or Johnny. Besides a week's vacation will do you some good.



A WITCH'S BOTTLE TO DEFLECT A FREDDY

Place pins, needles, broken glass into a bottle. Urinate in the bottle, and at a midnight hour bury the bottle 1 foot in the ground. He will never understand, but he will be drawn to the spot and forget about you. Likewise all evil that's coming towards you will deflect to the bottle.

Then if you are really desperate: In a box place 13 dead ants, graveyard dust, and a feather from a raven. Put it in front of his door at a midnight hour. He will be so sick, he won't ever think of you.

If nothing else works, file your nails over Freddy's drink. Guaranteed the nail clippings will have him so sick, within one hour he will be gone (from you, not from life).

Now that Freddy has left the scene, you're ready to try your cauldron cookery on someone you really desire.

CHICKEN CAULDRON

2-1/2 lb stewing chicken	1/2 cup honey
1 tsp. dill	1/4 tsp. cumin
1 tsp. coriander	1/2 tsp. caraway
2 cups red wine	Salt and pepper to taste
1/8 cup vinegar	1/4 lovage root

Place chicken in cauldron and cover with water. Add salt (to taste) and dill. Simmer for one hour. Drain broth and sprinkle and rub in coriander on chicken. Pour wine over the chicken and cook until tender. Remove chicken. Mix honey with cumin, lovage root*, caraway, and vinegar. Brush on chicken. Place chicken in preheated 425° oven for 10 minutes.

*Lovage Root: Available in herb and health food stores.

For centuries garlic has been worn to ward off the evil spirits. Here is a palatable way of finding out if it really works.

GARLIC SOUP

1/4 cup olive oil	1 egg, lightly beaten
1-1/2 cups coarsely crumbled French or Italian bread, trim off all crusts	1/4 tsp. coriander
1/2 tsp. paprika	1 tbsp. crushed garlic
1/2 tsp. salt	3 cups water
	Dash or two of cayenne pepper
	1/2 tbsp. chopped parsley

In a saucepan, lightly sauté the garlic in the oil; do not burn. Stir in the crumbled bread and cook until golden. Add paprika, coriander, salt and pepper, and water. Bring to a boil and simmer for 30 minutes. Beat the soup until smooth. Slowly add the beaten egg, stirring constantly. Simmer a moment or two, *but do not let it boil* (or it will curdle). Serve it at once, garnished with the parsley. Serves 3-4.

SOLE FOOD

1/4 lb fresh mushrooms	1/3 onion, chopped
1 sprig chopped parsley	Salt and pepper (white) to taste
2 large filets of sole	1/3 cup dry wine
1/2 of a quarter lb of butter	1/3 cup of bouillon
Juice of 1/2 lemon	3/4 tbsp. flour
2 tbsp. heavy cream	1 egg yolk

Slice mushrooms and place in shallow pan. Add 1/2 of the chopped onions, 1/2 of the parsley, salt and pepper. Place filets over this and add rest of mushrooms, onion, and parsley. Add wine, bouillon, lemon juice, and dot with butter. Cover with wax paper and cook until liquid boils. Remove paper and place in 350° oven for another 10 minutes. Remove liquid and place in saucepan and simmer until it is reduced to 1/2 of the quantity. Blend butter with flour and add to liquid, stir constantly. To this add the cream mixed with egg yolk. Pour over the fillets and place under the broiler for 10 minutes until brown. Serves 2.

EXOTIC EGGPLANT

2 medium-size eggplants	2 small onions
2 cloves of garlic	1 lb chopped meat
1/2 lb chopped meat	1 can stewed tomatoes
1/2 tsp. cumin	1/2 tsp. mace
1/2 tsp. ginger	1/2 tsp. cinnamon
1/2 tsp. cloves	1 tsp. curry
1 tsp. coarsely ground pepper	Salt to taste

Cut off large end of eggplant, scoop out inside and chop up (leave about 1/4 inch of pulp so that the skin doesn't break). Sauté the onions and garlic in cooking oil until golden. Add the eggplant and cook until tender. Add 1/2 each of stewed tomatoes and seasonings. Add the meat, keep turning and mixing until meat is brown and thoroughly mixed into the vegetables. While the mixture is cooking, rub a light coat of oil in the inside of the eggplant and lightly brush the outside. Stuff the eggplants with the mixture, placing the left-over meat and

sauce around them. Bake in 300° oven in covered casserole for 1-1/2 hours or until eggplant shells are soft. Serve on hot herbed rice, with cucumber and yogurt salad. Serves 4.

SESAME POULET ABRAGAIL

4 boned chicken breasts
Small can of evaporated milk
1/2 lb of butter
1 cup of flavored breadcrumbs and roasted
sesame seeds (half and half)
Salt and pepper to taste

Dip chicken into evaporated milk and coat with the bread crumbs and sesame seeds. Place in a baking dish. Melt the butter and pour over the chicken. Bake in 350° oven for one hour. Remove from oven; turn over and place in broiler for about 10 minutes or until crisp. Serve with herbed rice.

PORK CHOPS VALARIA

1 small can sauerkraut, drained	1/8 tsp. powdered cloves
2 large thick pork chops	1 apple peeled, cored, and sliced
1 tbsp. brown sugar	1 medium onion, sliced
1/2 tsp. caraway seed	1 stalk thinly sliced celery
1/4 tsp. powdered cinnamon	1 cup flat beer
Salt and pepper to taste	Dry sherry to taste

Preheat oven to 350°. Line a small casserole with half of the sauerkraut. Sprinkle with half the brown sugar, caraway seed, and salt. Arrange pork chops on top. Cover chops with onion, apple, celery, and remaining sauerkraut, sugar, and caraway. Mix cloves and cinnamon into beer and pour over top. Bake covered for 1 hour. Add a few tbsp. dry sherry on top and bake uncovered about 20 min. or until browned. Serves 2.

CHAPTER 6

Invitation to a Festive Sabbat

"The Warlock Cowan raised his Baculum thither and yon for a pass or two before he succumbed as those before him."

Thinking of having a party? Why not plan one for a big Witchcraft Sabbat! What better time to work your cauldron cookery? If you're feeling flush, you can provide each of your guests with an astral candle (their own color, of course) and suggest that they exchange candles with the gentleman or lady that interests them. You can then show the interested parties the how to's of love spells.

ASTRAL COLORS

	<i>Primary</i>	<i>Secondary</i>
Aquarius—January 20 to Feb. 18	Blue	Green
Pisces—Feb. 19 to March 20	White	Green
Aries—March 21 to April 19	White	Pink
Taurus—April 20 to May 20	Red	Yellow
Gemini—May 21 to June 21	Red	Blue
Cancer—June 22 to July 22	Green	Brown
Leo—July 23 to August 22	Red	Green
Virgo—Aug. 23 to Sept. 22	Gold	Black
Libra—Sept. 23 to Oct. 22	Black	Blue
Scorpio—Oct. 23 to Nov. 21	Brown	Black
Sagittarius—Nov. 22 to Dec. 21	Gold	Red
Capricorn—Dec. 22 to Jan. 19	Red	Brown

You should consider decorating with symbolic colors . . . lots of red if you are interested in promoting a

super sexy party, pink if you decide to be very moral. A little crepe paper can go a long way in helping you have a successful feast.

SYMBOLISM OF COLORS

WHITE—Purity, Strength
RED—Passion, sexual love
LIGHT BLUE—Tranquillity
DARK BLUE—Changeability
GREEN—Money and fertility (forget that one)
BROWN—Neutrality
PINK—Morality
BLACK—Evil
PURPLE—Power
SILVER GREY—Cancellation
ORANGE—Stimulation, attraction
GREENISH YELLOW—Anger, jealousy

FESTIVE BUFFETS FOR YOUR COVENSTEAD

February 1 *Candlemas*
Winter Toadstools à la Grecque (P. 24)
 Chili (P. 79)
 Herbed rice (P. 79)
 Cumin salad (P. 37)
 Yule wine (P. 94)

May 1 *Beltane*
Spring Serbian sausages (P. 79)
 Cozido (P. 76)
 Saffron rice
 Bean salad (P. 38)
 Beltane biscuits (P. 80)
 Beltane brew (P. 91)

August 1
Summer

Lamas
Devilled eggs (P. 23)
Gazpacho salad (P. 76)
Salem Seviche (P. 77)
Caramel custard (P. 59)
Esbat ale (P. 92)

November 1
Fall

Samhain
Cauldron cheese (P. 29)
Samhain soup (P. 75)
Roast loin of piglet (P. 77) with
Elya's noodles Kabala (P. 130)
Sabbat squash (P. 82)
Lambswool (P. 92)

SAMHAIN SOUP

1 tbsp. chopped onion	2 cups chicken bouillon
2 tbsp. butter	2 cups milk
2 tbsp. flour	1 cup cooked pumpkin
1/2 tsp. paprika	1 cup heavy cream
1/8 tsp. mace	2 or 3 tbsp. sherry
1/4 tsp. allspice	

In a saucepan lightly sauté onion in butter. Stir in flour until smooth and add milk, bouillon, and spices. Bring to a boil and add pumpkin. Simmer for about 25 minutes. Add cream. Cover and heat, but do not boil. Stir in sherry and serve either very hot or very cold. Serves 6.

GAZPACHO SALAD

In a deep bowl combine:

- | | |
|-------------------------------------|----------------------------|
| 1 cucumber, peeled and finely diced | 1 small onion finely diced |
| 2 tomatoes, peeled and finely diced | Few rolled anchovies |
| 1 green pepper finely slivered | Few sliced black olives |
| | Salt and pepper to taste |

Add dressing made from:

- | | |
|--------------------------------------|------------------------|
| 1 crushed garlic clove | Salt to taste |
| Pinch ground cumin | 1/4 cup olive oil |
| 2 tbsp. vinegar | 1 tsp. chopped parsley |
| 1 tsp. chopped shallots or scallions | |

Mix and chill for 2-3 hours. Serves about 4.

COZIDO

A traditional stew served by the famous mountain witches from the Basque province of Spain.

- | | |
|--|---|
| 1 cup dried chick peas (or 1 can prepared) | 1 large onion, quartered |
| 3 lb beef rump or round cut in cubes | 3 medium tomatoes, peeled and quartered, or 1 cup drained canned tomatoes |
| 1-1-1/2 lb ham butt | 1 lb garlic-seasoned smoked sausage |
| Salt and pepper to taste | 4 medium potatoes, peeled and halved |
| 1 bay leaf | 4 carrots, scraped and cut |
| 1 tbsp. chopped parsley | 3 turnips, peeled and quartered |
| 4 qt. water | |
| 1-2 garlic cloves, finely chopped or pressed | |

- | | |
|---|---------------------------------------|
| 1 medium white cabbage, cored and cut in wedges | 4 cups coarsely chopped turnip greens |
|---|---------------------------------------|

If using dried chick peas, rinse under cold water. Soak at room temperature in cold water, covered for at least 12 hours. Place the beef in a large casserole with water (and chick peas, if dried). Bring to a boil and skim off residue. Reduce heat and cook for 1 hour. Add ham, onion, tomatoes, turnips, carrots, garlic, bay leaf, parsley, salt, and pepper. Cook for another hour. Add sausage, potatoes, cabbage, turnip greens (and chick peas if canned). Simmer until tender (about 30 minutes). Serve broth alone as a first course or as a stew together with saffron rice. Serves 6-8.

ROAST LOIN OF PIGLET

Trim excess fat from a loin of pork. Score fatty sides crosswise with a knife. Rub the meat generously with a cut clove of garlic, salt, pepper, thyme, and some crushed caraway seed. Roast in oven at 350° until well done. Approximately 35-45 minutes per pound.

SEVICHE

Combine the following ingredients and refrigerate overnight:

- | | |
|--|------------------------------|
| 1 cup fresh cooked fish fillets, cut into 1/2-inch cubes (flounder, snapper, bass, etc.) | 2 tbsp. olive oil |
| 2 tbsp. fresh lime juice | 1 tomato, peeled and chopped |
| 1/4 cup tomato juice | 1/4 cup chopped onion |
| | Salt and pepper |
| | 1 clove crushed garlic |

1/4 tsp. dried thyme
1 tsp. chopped parsley
1 tsp. chopped fresh
coriander leaves

2 tbsp. chopped sweet red
pepper (optional)
Few dashes Tabasco

Serves 3-4.

SERBIAN SAUSAGE

2 tbsp. butter
Pinch each of marjoram,
savory, thyme, and rose-
mary
2 4-oz. cans of Vienna type
sausages, halved

1 3-oz. can whole button
mushrooms
3 tbsp. dry red wine

In a small cauldron, melt the butter. Add the herbs, stir in sausages. Drain mushrooms, add into mixture together with the wine. Heat mixture gently. Serve at once, with toothpicks.

MEDIEVAL MEATBALLS

1 lb chopped beef
4 tbsp. catsup
1/4 tsp. garlic powder
1/4 tsp. celery salt
4 tbsp. bread crumbs

1/2 tsp. paprika
1 tsp. allspice
Salt & pepper to taste
1/2 cup beef bouillon or
consommé

Combine meat catsup, celery salt, garlic powder, salt, and pepper. Add bread crumbs and form into small meatballs. Sauté until lightly browned on all sides. Sprinkle

with paprika and allspice. Add consommé and cook for two minutes. Serve with rice. Serves 4-6.

CHILI

1 large onion, chopped
2 garlic cloves, crushed
1 lb ground beef
1 cup water or broth
1-1/3 cups canned
tomatoes
1/4 tsp. cayenne
2 cans kidney beans

1 green pepper, seeded
and chopped
2 tbsp. chili powder
1-1/2 tsp. ground cumin
1/2 tsp. celery seed
1 bay leaf
1/8 tsp. basil

Sauté onion and garlic in a little oil until golden. Add ground beef and cook, stirring until brown. Add remaining ingredients except kidney beans and simmer, stirring occasionally, for about 30 minutes or until as thick as desired. Add kidney beans and simmer for ten minutes. Serves 6-8.

HERBED RICE

2 cups long grain rice
1 cup white wine
3 cups chicken broth
1 tsp. chopped scallions
1 tsp. chopped parsley

1/2 tsp. of crumbled
saffron and coriander
combined
1/4 tsp. crushed fennel
1/8 tsp. mace

Combine all of the above ingredients except rice in a large saucepan. Bring to a hard boil. Pour in the rice and do not stir. Turn flame as low as possible. Cover with lid wrapped in a turkish towel so that no steam escapes.

Cook for about 30 minutes or until all liquid is absorbed.
Serves 8.

Cooked rice can be kept warm for an hour or more in a low oven with the door partially open. Add generous pieces of butter and cover loosely with a towel.

BELTANE BISCUITS

(The classic cakes traditionally served on the May Eve Sabbat)

3 tbsp. honey	1-1/2 cups flour
1/3 cup shortening	1-1/2 cups oatmeal
1/2 cup brown sugar	1/4 tsp. baking soda
1 tbsp. white wine	1/2 tsp. salt
1/4 cup apple sauce	1/2 tsp. allspice

Preheat oven to 350°. Blend together honey, shortening, sugar, applesauce, wine. Add remaining ingredients, mix well, and form into a ball of dough. Roll out 1/4-inch thick and cut with a crescent-shaped cookie cutter. Place on greased cookie sheet and bake at 350° for about 15 minutes or until golden brown.

CHAPTER 7

Ritual Roots of Mother Earth and Supermarket Variety Spells and Incantations

"Cast thee a spell on this dish, witch? Nay, Cromlech, it is only fascination."—*Cromlech and the Devil*, author unknown.

How many books on Magic have you read? We have covered them all, and never once have we been able to find eye of newts, beetles, flies, etc. Nor if they were available, would you think of serving them up to a friend or a lover, even if you could catch your own. Ugh!! What can you do to a poor old eye of toad that you couldn't do better to a juicy herb or veggie. The supermarket or your own "V" garden is the answer. ("V" for Venus, not Victory.)

The spells that follow are all available in your local store, or, if not, grow your own. We've combined in this chapter some sexy vegies for fun and games and also good eating.

SABBAT SQUASH

2 lb pumpkin, acorn, or butternut squash	1/4 tsp. nutmeg
2 tbsp. butter	2 tbsp. brown sugar
1 tsp. salt	1/4 tsp. pepper
	1/4 cup orange juice

Wash squash, cut in chunks, and cook in salted water until just tender. Drain and peel away skin. Mash and place in a casserole with the above ingredients. Bake at 350° for about 25 minutes. Serves 4-6.

CARROTS CERNUNOS

1 small bunch carrots	1/4 tsp. nutmeg
3 tbsp. butter	1/4 cup seedless raisins
2 tbsp. finely chopped onion	(soaked in boiling water for a few minutes)
1/2 cup white wine	1 tbsp. brown sugar

Wash, scrape, and cut carrots in 1/4-inch slices. Combine carrots with butter, onion, wine, and nutmeg in a sauce pan and cook over low heat until tender. Stir in raisins and brown sugar. Shake gently until heated through.

SPINACH SAMHAIN

1/2 tsp. brown sugar
Pinch each of allspice, coriander, cloves, salt,
and pepper to taste

Stir the above ingredients into one package of frozen creamed spinach.

MUSHROOMS BAKED IN CREAM

16-20 large mushrooms	Generous pinch nutmeg
1 stick butter	Salt to taste
1-1/2 tsp. chopped parsley	Heavy cream
1-1/2 tsp. chopped chives	Paprika
1-1/2 tsp. chopped shallots	

Remove stems from mushrooms and chop. Combine the butter, parsley, chives, shallots, salt, and nutmeg with chopped stems. Stuff the mushroom caps with the mixture and place in shallow baking dish. Pour the cream halfway up the mushrooms and sprinkle lightly with paprika. Bake at 450° for 10 minutes. Serves 8.

CAULIFLOWER CURRY

Separate a cooked cauliflower (not mushy) into flowerets and simmer in a sauce made of the following:

2 sliced onions	1/2 tsp. tumeric
1/4 cup butter or margarine	1/2 tsp. coriander
1/2 tsp. ground ginger	Salt to taste
	1 cup chicken broth

Sauté onions in butter until golden. Add remaining ingredients, including cauliflower, and simmer for one minute. Serve with broiled meats, etc. Accompany with rice. Serves 4-6.

GREEN BEANS IN HERB BUTTER SAUCE

2 packages frozen French- style green beans	2 tbsp. chopped parsley
1 small onion, minced	1/2 tsp. thyme
1/2 cup butter	3 tbsp. lemon juice
	Salt and pepper to taste

Simmer beans, preferably in chicken broth, until done. Meanwhile, sauté onion lightly in butter, add remaining ingredients, and mix well. Drain beans and add to sauce, tossing gently. Serves 6.

ASPARAGUS AMORATO

12 asparagus spears, cooked and buttered
1/6 lb sliced Swiss cheese
4 tbsp. flavored bread crumbs
Lemon juice
2 tbsp. parmesan cheese

In buttered baking dish place cooked asparagus, dot with butter and sprinkle lemon juice over. Cover asparagus with slices of Swiss cheese and sprinkle with bread crumbs and parmesan cheese. Dot with a little more butter. Bake in oven until cheese is melted.

MORE DOMINATION FOR THE LIBERATED WOMAN

Caraway seeds sprinkled on his doorstep at midnight on the night of a full moon will bring your lover to your beck and call. Repeat this incantation as you sprinkle:

Oh, carum caui
Strengthen my lover's memory
To make him see his true affection for me
Cure his fickleness and make him mine
From now until the end of time.

Do this spell every full moon to strengthen the effect. If you happen to be stopped by the local fuzz who may

wonder what you are about at a midnight hour, show them the box of seeds and tell them you are setting a trap for a Snagle bird. If that doesn't stop them, run!

Take a bath in lovage root. The opposite sex will be drawn to you.

Along with rosemary, lettuce, and rose petals, add three of your own pubic hairs and three of his chest hairs. Bake in oven until it turns to a powder. Sprinkle this on food. It will be a great revitalizer and increase his vitality in the loving department. If you decide to lose him, just mention what you did. He'll leave fast enough.

Bay leaves ground to a powder and added to your lover's favorite dish will subdue his nature and allow you to dominate him. As you are grinding the leaves, repeat the following incantation three times:

"Laurus nobilis, herb of poets and lovers, bring (name of person) to my feet."

CHAPTER 8

How To Make It With Love Oils and Witch's Brews

"Sizzle, Frizzle, like it or not,
you'll drink my brew cold or hot."

Although traditionally witches brews are "boiled and bubbled," witchcraft is also a warm weather art. So, we have included some tall cold ones to whet his sexually astute appetite. We have put the old love oil trick in this chapter as you may need the alcohol more than he does when it gets down to the nitty gritty. Remember, there is a bit of witch in all of us, and what man wouldn't want to be sacrificed to a witch at least one time in his life.

Here we have added some direction, West Coast-type script. Soft, sensuous music. Smell of incense pervades the room. Red and purple candles burning near a fur throw-rug. You sitting in a nifty little nothing; he trying hard not to look at your décolletage. You and he both drinking the brew you have created. You (steady now) unbutton a button or two of his shirt. Follow the instructions for love oil further on in this chapter.

CORIANDER SPELL

Take a small amount of coriander, mix it into hot wine. While mixing it, say "hot seed, hot heart, let us be one and never apart." Serve.

MYRTLE TEA

Prepare a tea made of myrtle leaves. Drink this three times a day with your lover. It will assure you of everlasting happiness and 5 trips . . . at least to the bathroom.

INDIAN LOVE OIL TRICK

Using a pleasing smelling oil, mix small amounts of rosemary, cumin, ground rose petals, and thyme into the oil. Rub on your lover's body for sexual revitalization and fun.

TRICKY SORCERESS LOVE OIL

So you didn't expect him (or her) to stay over, not a bit of love oil on hand. Cold creams, lotions, and polyunsaturated oil are not bad at all. Following is a recipe for an instant home-made love oil.

- 1/2 cup cream, lotion, or oil
- 4 drops of your favorite cologne
- 3 drops winter green (if no winter green, toothpaste will do)

Shake and mix well. If you have the herbs mentioned in the Indian love oil trick, mix into the solution. If not, just rub, while you chant, "I am rubbing your arms so that better they may hold me." "I am rubbing your stomach to warm your blood." "I am rubbing your etc. . . ."

Patchoulli rubbed on the body before sex excites your partner; but, please, not in too large an amount or it will quench what you have started (it's rather strong). In days of old, witches would take mint leaves, strain them with oil through a cloth, and rub the residue on their bodies. This could have been done for a number of reasons. One, it made it easier for them to slip away from the local fuzz when their meetings were raided. Another, it kept them warm. I like it, however, because it feels good. Ever dance next to a well-oiled partner?

ZOMBIE

Over ice, combine: 2 oz. light rum, 1 oz. dark rum, 1 oz. orange curaçao, 1 oz. lemon juice, 1 oz. orange juice, 1/2 oz. grenadine, and a dash of anise-flavored liqueur. Stir and serve over cracked ice.

COFFEE DIABLO FOR TWO

Warm 2 6-oz. goblets, rub rims with lemon, and dip them into sugar to coat. Pour 1-1/2 oz. heated brandy into each glass and ignite the brandy in one glass. Pour back and forth from glass to glass until flames divide equally and die. Add 1 oz. coffee-flavored liqueur to each glass and fill with hot black coffee. Top with whipped cream.

DECEPTIVE WITCH'S TEA

Put one teaspoon of your urine into well-disguised tea (lemon hides it well). Give it to your lover or your desired lover to drink. After having sex, take a cord or cloth, wipe some of his sperm on it, and wear it around your waist for seven days. At the end of the time he will be yours. It is very important that he doesn't know what you have done. If he suffers at all from queasiness, you may lose him before the week is out.

SASSAFRAS TEA: THE TRUE "SPRING TONIC"

The dried leaves and roots are available in herb stores; but since the sassafras tree is so plentiful in North America, one can very easily secure the root himself. On your next walk in the woods or a semiwooded area, look for a small tree or twiggy shrub. Sassafras sends up new shoots from its far-wandering roots, so it tends to form small thickets. The twigs have green bark, which helps us recognize the tree in winter and early spring.

Tiny greenish-yellow flowers appear with the first leaves in spring. The fruit is a 1/2-inch dull blue oblong on a red stem. To be sure, dig out a root and smell the root beer aroma from a broken end. Voila! Gather the roots of the saplings, scrape off any rough surface, and scrub thoroughly.

To make tea, put a hand full of the cut-up roots into a kettle with ample water. Boil until it turns red. Sweeten to taste and drink hot or iced. For an added treat, add 3 tablespoons of honey and 3 tablespoons of vinegar to 1 quart of the tea. Also collect young sassafras leaves and dry them at room temperature and crush

them to a powder, removing the stems and veins. A heaping tablespoon of this powder added to a pot of soup or stew will add a unique smooth flavor.

CATNIP TEA

Brew 1 teaspoon catnip with 1 cup of boiling water, sweetened with a little honey. Its mild sedative quality might aid you in getting a restful nights sleep, by giving it to *him* of course.

MINTED CLOVER BLOSSOM TEA

Gather the reddish purple blossom heads of ordinary red clover. Dry them indoors at room temperature, seal them in jars, and warm them ever so slightly in a slow oven. To make the tea, mix 4 parts of the dried clover blossoms (crushed) and 1 part dried peppermint or spearmint leaves and brew using the same amounts as ordinary tea.

BELTANE BREW

Wash, hull, and slice 2-1/2-3 qt. fresh strawberries and combine with 1-1/2 to 2 cups sugar, crushing them slightly. (You may substitute 3 or 4 packages of frozen berries with 1/2 cup sugar.) Add 3/4 of a fifth of cognac and chill overnight. Add 5-6 bottles of a German wine such as Moselle, Rhine, or May and chill for 8 hours. Just before serving add 1-2 bottles chilled champagne. Makes 55-60 servings.

FLAME OF VENUS

1 cup beef bouillon	2 tsp. Worcestershire sauce
1 12 oz. can V-8	
3 oz. aquavit	1/4 tsp. celery salt
Juice of 1/2 lime	
6 drops Tabasco (or to taste)	

Combine the above with plenty of ice in a glass pitcher and mix well. Pour into 2 goblets; garnish with lime wedges and serve.

ESBAT ALE

1 qt. ginger ale	1 qt. lemon soda
Few dashes bitters	Orange and lemon slices

Combine in large pitcher or punch bowl with ice. Makes 8 servings.

LAMBSWOOL

Originally known as La Mas Ushal, it was the favorite drink of the Druids on Samhain (or Halloween). It was prepared from roasted apple, sugar, and ale. It's fantastic, but oh! so fattening.

1/2 cup water	1 stick cinnamon
2 cups sugar	1 cup brandy
1 tsp. nutmeg	1 cup cream sherry
1 tsp. ginger	1/4 tsp. mace

3 allspice berries (or 1 tsp. ground allspice)	6 egg whites, beaten stiff
6 apples, baked	6 egg yolks, beaten
	3 pints beer or ale

Combine sugar, water, and spices in a saucepan and boil for 5 minutes. Meanwhile fold together egg whites and yolks. Using a very large pot, gradually fold the spices mixture into the egg mixture. Heat the beer, sherry and brandy and add slowly to the mixture. The result should be light and foamy. Halve the baked apples, horizontally, and float on top. Serve warm, preferably from a chafing dish. Makes approximately 12 servings.

WOODRUFF WINE

1/4 cup dried woodruff	1 bottle white wine
1/8 cup superfine sugar	1 split of champagne
1/4 cup cognac	1/4 cup strawberries

Tie the woodruff in cheesecloth bag. Place in a bowl and add sugar, cognac, 1/2 of the bottle of wine. Cover and let stand over night. Strain the woodruff-wine into a bowl containing ice cubes. Add remaining wine, champagne, and strawberries. Makes 4-8 cups.

SPICE WINE

1/2 cup water	1/2 bottle red Bordeaux
2 whole cloves	1/2 bottle port
1 tbsp. grated orange peel	3/4 cup vodka
2 tbsp. blanched almonds	Sugar to taste
1/4 cup seedless raisins	

Boil water, add spices, and orange peel, tied in cheese-cloth bag. Cover and simmer 10 minutes. Add almonds and raisins and enough water to cover the fruit. Cover and simmer 20 minutes; then add wine, port, and vodka. Bring to a boil and remove from heat. Serve hot or chill in refrigerator overnight. Makes 4-8 cups.

SATAN'S BREW

1 lemon cut in 1/4-in. slices	1 orange cut in 1/4-in. slices
1 apple, cored and cut in wedges	1/2 cup quick-dissolving sugar
2 bottles dry red wine	1/4 cup brandy
1/4 cup orange liqueur	1 quart club soda, chilled

Combine fruits and sugar in a large pitcher. Pour in wine and liquors and stir. Refrigerate for at least 1 hour. Before serving pour in club soda and serve over ice. Makes 8-12 servings.

YULE WINE (Traditionally served on Candlemas)

Make a syrup from the following by boiling for 5 minutes.

2-1/2 cups sugar	1-1/4 cups water
4 dozen whole cloves	6 sticks cinnamon
3 crushed nutmegs or 1 tsp. ground nutmeg	Peel of 3 lemons and 2 oranges

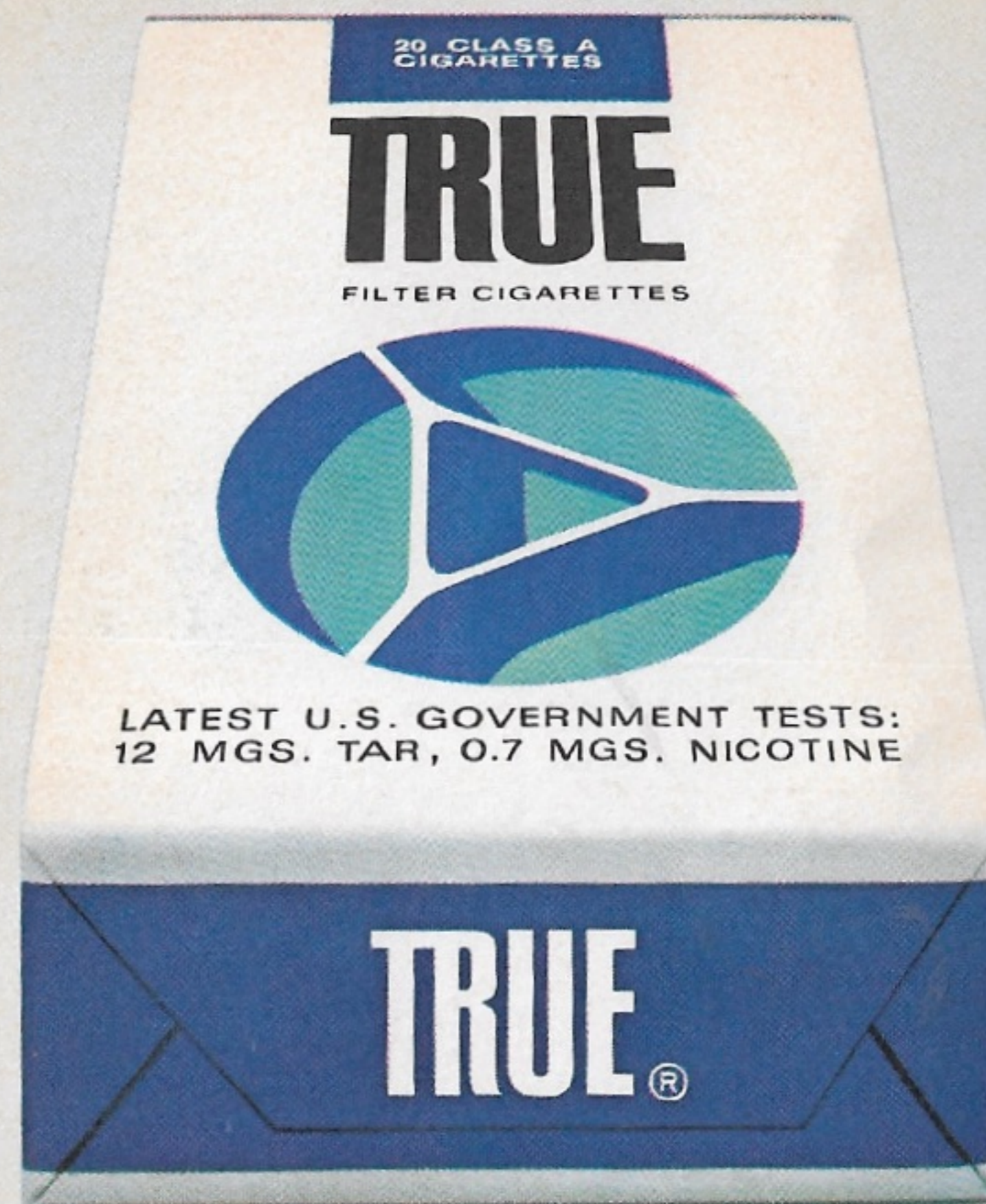
Strain the syrup and add:

4 cups of hot lemon juice
4 bottles red wine

Heat the mixture well and garnish with lemon slices. Makes about 5 quarts.



The True story:





Regular or menthol.

A lot of cigarettes have filters. Only True has this tar and nicotine reduction system, so unique it's patented by the U. S. Government: Patent No. 3,396,733.

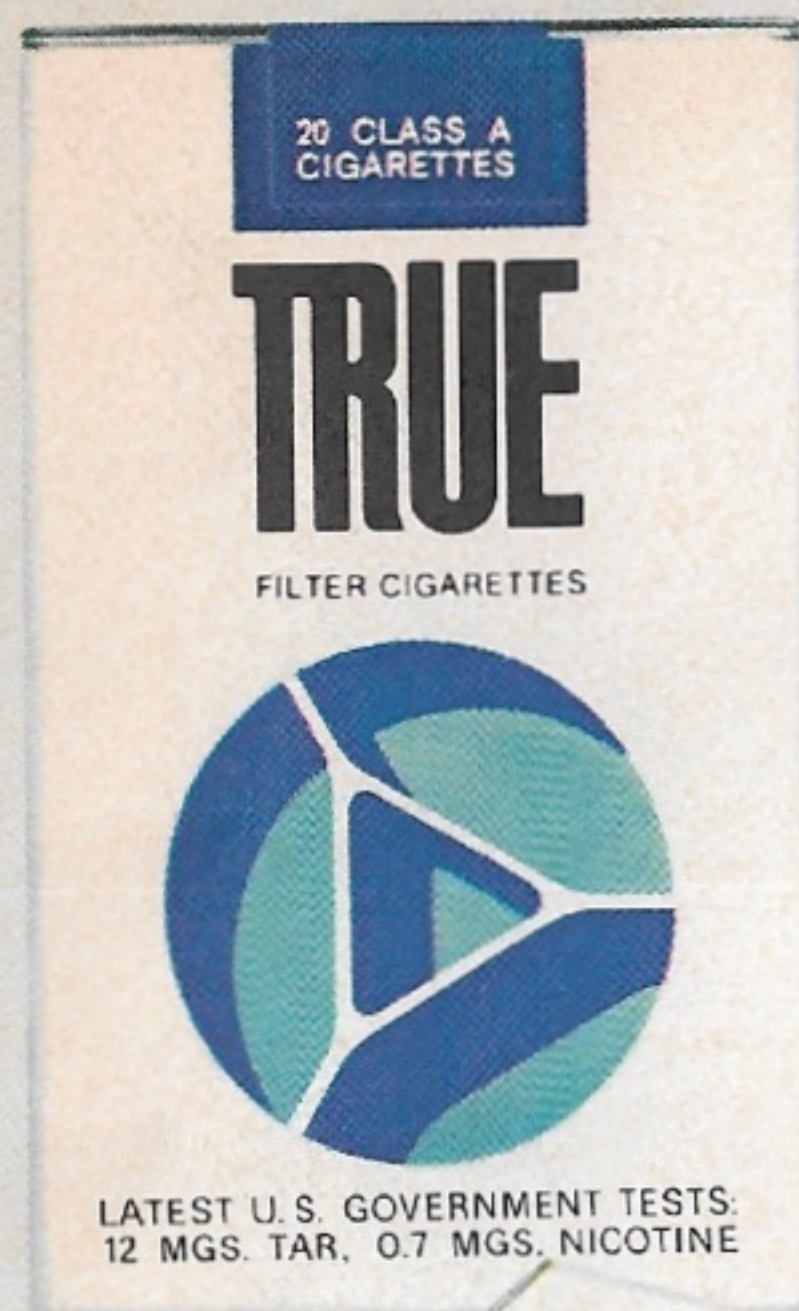
True is lowest in both tar and nicotine of the 20 best-selling brands. Lower, in fact, than 99% of all other cigarettes sold.

Think about it. Doesn't it all add up to True?

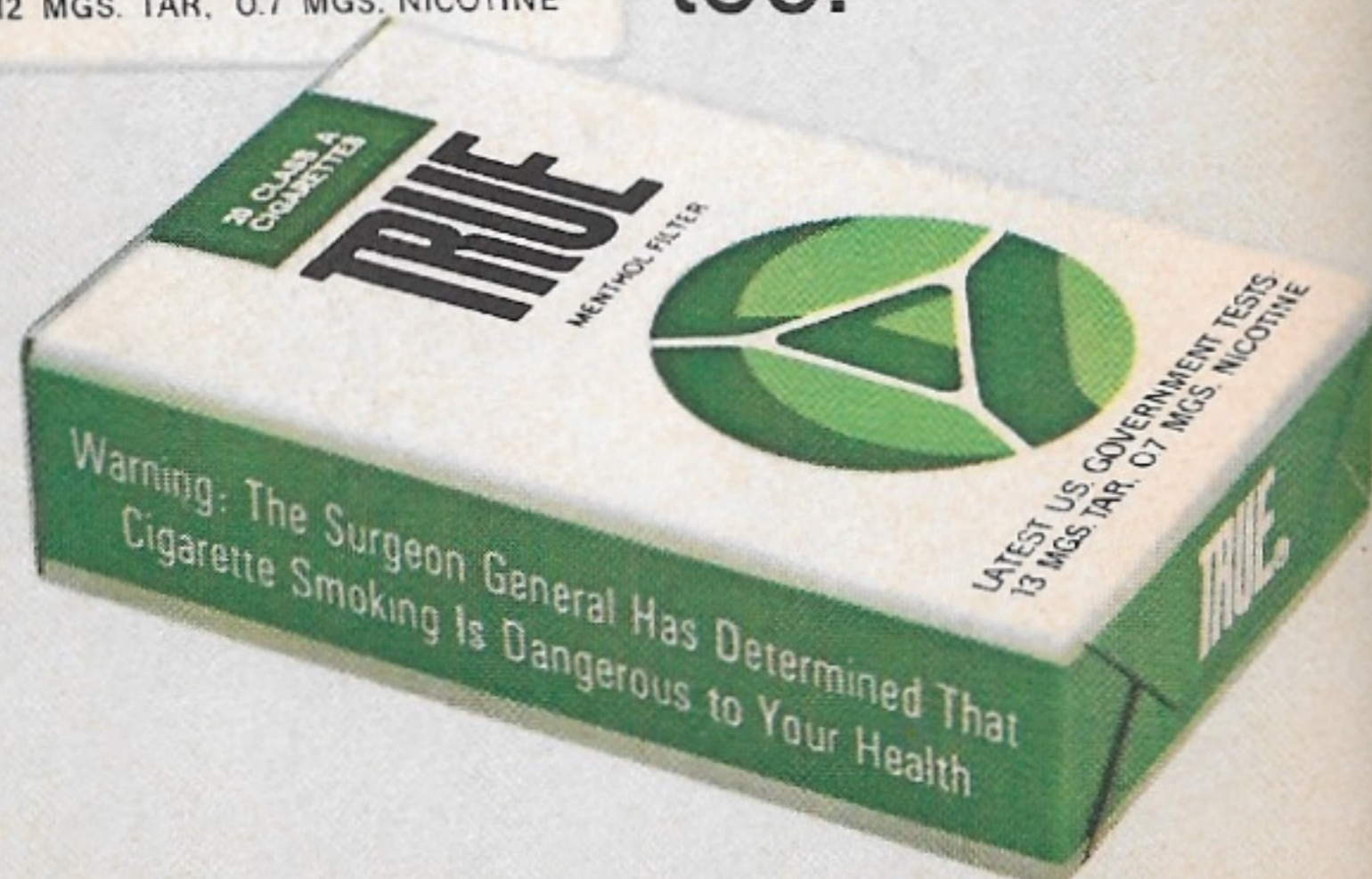
True Regular 12 mgs. "tar", 0.7 mgs. nicotine, True Menthol 13 mgs. "tar", 0.7 mgs. nicotine, avg. per cigarette, FTC Report, Nov. '70.

© Lorillard 1971

True Blue is lower
in both tar
and nicotine
than 99% of all other
cigarettes sold.



True Green is
too.



Regular or menthol.
Doesn't it all add up to True?

AND FINALLY A MALE CHARM

Pound the shell of a male mollusk comb (Venus-type) to a fine powder, add some urine, and let stand for three days. Dip this in donkey water and allow to steep for another three days; let dry in the noon day sun. Sprinkle it with flower blossoms (dispenses with the urine smell). Drink this at the time of copulation, and you will be endowed with great potency.

CHAPTER 9

The Visiting Warlock

“ . . . and upon awakening, Taro remembered he had resided at the midnight hour with the witch Valaria—his senses still inflamed—his body worn and used . . . ”

—Dervenuer, *Valaria: Good or Evil* 1742

So the man is married or at least living with his wife, girlfriend, roommate, or mother, always leaving you to take the 7:10 to the suburbs or catching an early bus or cab home. Think you are enough of a witch to keep him around? It may take a little planning on your part, but if you manage to get home directly after work—do not pass go, do not collect \$200.00—and prepare yourself, he'll be good until at least midnight. Work your magic carefully (instructions included in this chapter), and may we wish you happy husband (or other) stealing.

BLACK CANDLE SEPARATION SPELL

Take a sheet of paper and write your lover's name on one end and his wife's name on the other. Light a black candle and musk incense. Tear the paper in half and burn the half with the wife's name on it, chanting while you do so:

"As this paper burns, so did their love,
As the paper dissolves, so mote it be."

SEPARATION POWDER

Want him to leave his wife? Buy some separation powder at your local botanica. Sprinkle it in his pockets and some in your rival's. This may really be the tricky part. But then, how much do you want him? He'll leave her soon after the powder has been sprinkled.

DIVORCE INSURANCE SPELL

On the night of a full moon fill a large bowl with water. Light a red candle and burn some incense. Concentrate on seeing him and his wife together in the water. While continuing to think of them, dip your hand in the bowl so the images are separated. Repeat this every night until the moon wanes.

RED CANDLE SPELL

Secure a picture of your loved one. Fashion a waxen image of yourself and implant some fingernail clippings

and hair of your lover in the region of your heart. Light a red candle and chant while concentrating on your intended:

"I have become a part of you
you love me.
Become a part of me
I love you.
Always we will be together."

Repeat three times.

If you decide it would be easier to get rid of your feeling for him than to pry him loose from what's-her-name, you might try this:

SPELL TO QUENCH PASSION

Burning passion
Tossed and turned
Fire and water
Lesson learned
Remove the flame
That enslaves my brain.

But what's the use of being a witch, if you give up like that? You should at least try a Diabolical Dinner for two . . . and another love spell.

PARADISE SEED LOVE SPELL

On a night of Venus, mix Paradise seed with musk oil. Take three hairs from your body and lay them on a parchment paper 1 inch square. On the parchment write:

HABONDIA

ADONAI

HABONDIA

As each hair is placed on the paper, say: "By the strength and power of Habondia and the glory of Adonai, let that that is mine be thine; by the strength and power of Habondia and the glory of Adonai, let that that is thine be mine." Anoint the parchment paper with patchoulli oil and burn to ashes. Gather the ashes and place them before the incense after the incense is burned to ash and mingled with the ash of the offering. Seal it in a wooden box for nine days. After the ninth day, mix into the food of the one desired.

AFRICAN WITCH DOCTOR SPELL

In the morning before you brush your teeth, scrape some of the white from your tongue, some of your toe nail clippings, and a drop of menstrual blood. Bake into the following cake. Feed it to your sometime lover. He'll climb mountains at least; leave his wife or mother at best.

2 cups Bisquick	2/3 cup milk
1/3 cup shortening	1/3 cup currants
1/2 cup sweet sausage	1/3 cup chocolate drops

Prepare Bisquick mix, sauté sweet sausage in skillet. Mix currants and chocolate drops with sausage. Fold into Bisquick mix. Mix the love potion into the cake mixture. Bake in muffin tin at 400° until golden brown. Serve him as many as he will eat to help the spell.

SUGGESTED MENUS OF DIABOLICAL DINNERS FOR TWO

Moon Mushrooms (P. 40)
Bohemian Borscht (P. 33)
White Goddess Salad (P. 37)
Pan Pudding (P. 61) Serve with red wine

Sesame Poulet Abigail (P. 70)
Aniello's Passion Pasta (P. 131)
Cumin Salad (Pp. 37-38) Serve with Chablis

Devilled Oysters (P. 27)
Witch's Pie (Pp. 105-106)
Hearts of Lettuce with Passion Dressing (P. 34)
Serve with red Burgundy

Herb Cheese Spread (P. 29)
Caraway Meatball Casserole (P. 107)
Mixed Greens with Herb Salad Dressing (P. 37)

Toadstools à la Grecque (P. 24)
Steak Satan (Pp. 108-109)
Hot Spinach Salad (P. 39)
Serve with Red Burgundy

Chops Cayenne (P. 104)

Herbed Rice (P. 79)

Cauliflower Curry (P. 83)

Caramel Custard (P. 59)

Serve with white Beaujolais

Pork Chops Valaria (P. 70)

Cool Cucumber Salad (P. 38)

Rum Pumpkin Pie (P. 58) Serve with Riesling

CHOPS CAYENNE

2 veal loin or rib chops cut 3/4-1 in. thick	1/2 clove garlic
1 tbsp. flour	2 lemon slices
Salt	1 small bay leaf
Few dashes cayenne pepper	1/2 tsp. Worcestershire sauce
1/8 tsp. thyme	1/2 cup of chicken broth (or bouillon)
2 slices bacon, diced	

Dredge chops in flour seasoned with salt, cayenne, and thyme. Cook the bacon in a heavy skillet; add garlic and sauté. Remove garlic when bacon is half done; add chops and brown on both sides. Place slice of lemon on each chop; add bay leaf, Worcestershire sauce, and broth. Cover and simmer about 1 hour or bake at 350° for 45 minutes. Serves 2.

CLAMS

1 doz. clams in shell, well scrubbed	1 tbsp. chopped parsley
1/2 cup bread crumbs	2 tsp. lemon juice
1/3 cup melted butter or margarine	1/2 tsp. dried oregano
1 clove crushed garlic	Few dashes Tabasco juice
	1 tbsp. grated parmesan cheese

Simmer clams in large kettle with 1/2-inch of water until clams open, usually 6 to 10 minutes. Meanwhile, combine remaining ingredients. Remove clams from shells, chop coarsely, and add to crumb mixture. Spoon into clam shells. Place a 1/2 inch layer of rock salt in roasting pan or individual casseroles; sprinkle with water to dampen. Arrange filled shells on salt and place under broiler just until golden brown, about 5 minutes. Garnish with parsley and lemon wedges. Serves 4, but can be halved for 2.

WITCH'S PIE

In a saucepan sauté 1 chopped onion and 1 crushed garlic clove until golden. Add 1 lb chopped meat and cook, stirring until done.

Add:

1/2 cup beef gravy	1 bay leaf
1/4 cup bouillon	1 tsp. Worcestershire sauce
2 tbsp. chopped parsley	Salt and pepper to taste

Cook, stirring occasionally, for about 20 minutes. Transfer into a buttered 1-1-1/2 qt. casserole. Garnish with

1-1/2-2 cups of mashed potatoes mixed with one egg. Brush with butter and sprinkle with paprika. Bake at 400° for 20 minutes or until potatoes are browned.

SEX SOUP

1 lb shrimp, shelled and deveined	1/4 tsp. crushed fennel
1 garlic clove, crushed or chopped fine	1/8 tsp. saffron
1 small onion, chopped	1 medium can stewed tomatoes
1/2 green pepper, chopped	Salt and pepper to taste
2 fresh tomatoes, diced	

In a saucepan sauté garlic in oil. Add the onions, green pepper, and fresh tomatoes and sauté slowly until the onions are transparent. Add the shrimp and sauté 2-3 minutes. Remove and set aside. Add the can of stewed tomatoes, fennel, saffron, salt, and pepper. Cook for 1/2 hour. Add shrimp 5 minutes before serving. Serve with hot French garlic bread.

DUCK FLAMBÉ

1 duck	Almonds
1 cup white and wild rice	Aniseed oil
1 stalk celery, finely chopped	1/2 lb sweet sausage
1 small can drained mandarin oranges	1 onion, chopped
	Salt and pepper to taste

Wash duck and wipe dry, rub inside and outside with aniseed oil. Cook giblets and save stock. Steam rice in stock until tender, fry sausage, celery, onions until

browned. Add hot rice to sausage mixture. Add oranges and one teaspoon of aniseed oil. Fill the duck; in other words, stuff it. Roast in open pan for 2-2-1/2 hours or until very crisp and tender at 350°. Garnish with almonds and flame with Grand Marnier.

Note: Warm Grand Marnier before flaming.

CARAWAY MEATBALL CASSEROLE

1 lb ground chuck	2 cups well-drained
1/4 cup minced onions	sauerkraut (1 medium can)
1 tsp. salt	1 large apple, cut in wedges
1 tsp. caraway seeds	1 tbsp. brown sugar
1/4 tsp. pepper	1/2 cup apple juice
1 tbsp. salad oil	

About 2 hours before serving:

In large bowl, combine ground chuck, onions, salt, 1/2 teaspoon caraway seed, and pepper; shape into 10 meatballs. In large skillet over medium-high heat, in hot oil, brown meatballs well. Preheat oven to 375°F. In 1-1/2-2 quart casserole, toss sauerkraut with 1/2 teaspoon caraway seeds, and spread in an even layer. Add a layer of apples, sprinkle with brown sugar, and top with meatballs. Pour apple juice over meatballs, cover and bake 1 hour or until meat is cooked. Makes 2 very generous servings.

SHRIMP SORCERY

1/2 lb shrimp	1/2 tbsp. butter
1/2 cup white wine	1/4 cup scallions

1/2 pt. sour cream
1 tbsp. parsley
Salt and pepper to taste

1/2 lb fresh mushrooms,
sliced thin

Sauté scallions and mushrooms in butter. Add shrimp and 1/2 cup of white wine. Salt and pepper to taste. When shrimp are tender in 5-7 minutes, fold in 1/2 pt. sour cream. Serve on toast points and garnish with parsley. Serves 2.

CHICKEN DIABLE

Combine the following:

1/4 cup catsup	1 clove crushed garlic
1/4 cup vinegar	2 medium onions, sliced
2 tbsp. Worcestershire sauce	1 tsp. salt
2 tbsp. brown sugar	1 tsp. cayenne
	Few dashes Tabasco

Preheat oven to 375°. Bring the above sauce to a boil and let cool. Add disjointed pieces of chicken (legs, wings, breasts, etc., enough for two) and coat thoroughly. Butter 2 pieces of heavy foil. Divide chicken with sauce onto foil and fold in half, seal open edges with triple folds. Bake for 1 hour and serve in the foil. Serves 2.

STEAK SATAN

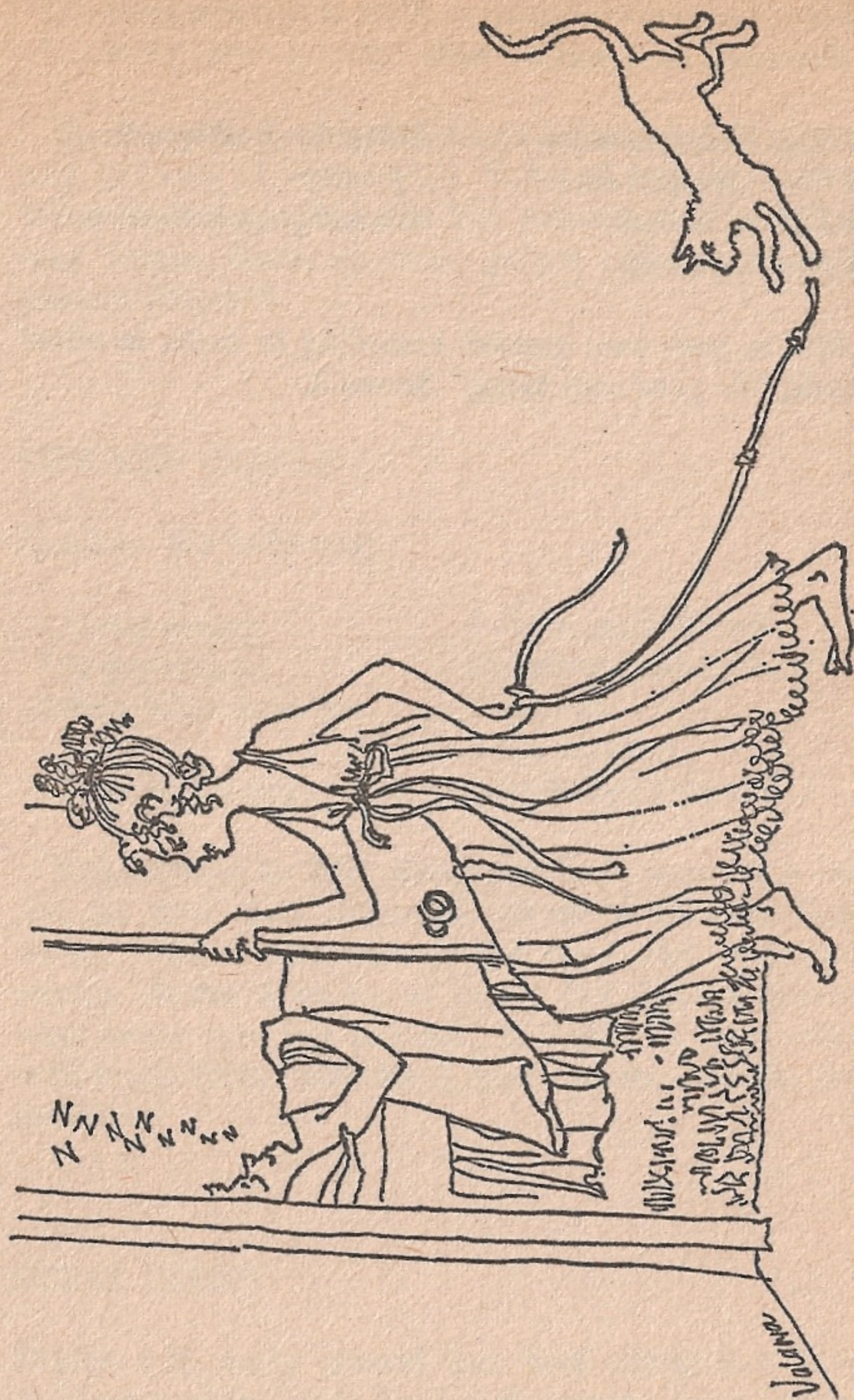
Divide 1 lb finely ground lean beef sirloin into 2 individual serving bowls lined with watercress or lettuce.

Depress top of each portion and place a raw egg yolk inside. Arrange two anchovy filets across the yolks.

Surround each portion with:

1 tbsp. chopped onion	1 tbsp. fresh chopped parsley
1 tbsp. chopped chives	Salt and pepper to taste
1-1/2 tsp. capers	
1 gherkin, sliced	

Mix in your own garnish according to taste; in other words, "do your own thing." Serves 2.



CHAPTER 10

Miscellaneous Kitchen Alchemy and Spells

"My cook provided us with a repast of soup and salad and other delights . . . a full stomach alone does not entrance to the Temple of Aphrodite."

So all you have in the house is a package of frozen string beans and cold cooked rice. Here are some interesting ways to combine "whatevers" with your alchemy skills, and who knows but what the bedroom scene will follow. In the spell department, so what if you haven't a tonka bean in the house. You must have some string from last weeks Chinese laundry. Fear not; follow the advice of a witch and a sorceress. You'll win.

LOVER'S KNOT SPELL

When a woman wants her lover to be with her forever, she should measure with a cord the length of his appendage, while it is in an erect position. This may be a little difficult if he objects. If this be the case, you will have to catch him asleep. If the member is not in the right position, try anyway. Tie 7 knots in the cord, if you can. If you manage to do that, he's yours, baby!

A LOVE, LOVE, LOVE SPELL

To be said at any hour to the one you love and who loves you in return.

As deep as your eyes
As vast as the skies
This is the love I feel
So I'm a witch, BIG DEAL!

SPAGHETTE DE LUPE

2 cups spaghetti	1 medium onion, chopped
2 cups chopped meat (hamburgers, meatballs, etc.)	1 medium can stewed tomatoes

Lightly sauté onion in oil; add the meat, basil, and tomatoes. Simmer for at least 10 minutes. Add leftover spaghetti and gently stir until heated throughout. Serve with Italian bread and red Burgundy.

CHICKEN CROWLEY

1 medium can tomato sauce	parsley, grated parmesan
1 medium onion, chopped	cheese
Pinch of sugar	Salt and pepper
1/2 tsp. oregano, basil,	Leftover fried chicken

In a saucepan combine the tomato sauce, sugar, onion, basil, oregano, parsley, and salt and pepper to taste. Bring to a boil and let simmer for about 1/2 hour. Place the chicken in a flat pan or baking dish. Pour tomato concoction over it and sprinkle generously with cheese on top. Bake in 350° oven for 1/2 hour. Serve with white wine, salad, and Italian bread.

POTATO BALLS

Mix leftover mashed potatoes with a little grated parmesan cheese and 1 or 2 pinches mace. Add as much milk as needed to bring the potato mixture to the desired consistency. Form into balls approximately 1-1/2 inches in diameter around a small cube of cheddar cheese. Roll into breadcrumbs until coated and fry in hot oil until brown.

POULE CURRY

Cut up leftover chicken into bite-sized chunks and add the following (depending on the amount of leftovers):

Few tbsp. chopped sautéed onions
Few dashes Worcestershire sauce

Few dashes ginger
 1 tsp. curry powder
 Few dashes chili powder
 1/2-1 can condensed cream of chicken soup
 (diluted with milk or water to medium thick consistency)

Gently simmer for about 10 minutes. Garnish with chopped peanuts and serve with white rice and cold beer.

SEXY SORCERESS STRING BEAN CASSEROLE

1 cup leftover chicken or meat, chopped
 1 cup string beans
 1 cup cooked noodles
 1 can water chestnuts, sliced (optional)
 1/2 can condensed cream of mushroom soup
 1/4 tsp. tarragon
 1 package frozen French fried onion rings

Combine the meat, string beans, noodles, water chestnuts, soup, and tarragon. Place in a buttered casserole dish and cover the top with the onion rings. Bake for one half hour at 350°. Serve with hot French bread and white wine.

POSEIDON BURGERS

1 can tuna or salmon	Salt and pepper
1/2 cup crumbled soda crackers	1 egg lightly beaten
	Few dashes onion powder

Combine the above and form into hamburger size patties. Fry until golden brown on both sides. Serve with tarter sauce.

SPINACH DE SENSUEL

1 cup leftover spinach or
 1 package chopped frozen spinach
 4 eggs, separated
 2 tbsp. cream or half and half

Whip egg whites until they stand in peaks. Lightly beat yolks and gently fold into whites. Add the spinach to the egg mixture. Place in buttered soufflé dish and in oven for 1 hour or until ready (when a knife inserted comes out clean, soufflé is done). Serve with white wine.

MAGUS MEAT PIE à la INSTANT

2 cups diced leftover meat and potatoes
 1 can vegetable soup (undiluted)
 Generous dash of Worcestershire sauce
 1 instant-prepared pie crust

Place meat, potatoes, and vegetable soup in shallow baking dish. Season with Worcestershire sauce. Cover with pie crust; slit top and bake 30 minutes at 325°.

RUNIC ROAST

To 1 cup chopped roast beef, add salt, pepper, and garlic powder. Mix with 1 cup cooked rice and 1 can cream of tomato soup. Combine all these ingredients and place in buttered pie plate. Bake at 350° for 20–30 minutes.

CHAPTER 11

“.....and the Cock Crowed Thrice”

“... And I bade farewell to him with heavy heart and garlic soup.”—*Letters of Love and Hate* by Andrea, in a letter to Helicus, 1902.

Some witch you have turned out to be! Well, everyone deserves another chance, and you're no exception. Here's your opportunity to move ahead to at least miniwitch or, if you're good enough, to sorceress.

Number one: stop eating. Twenty pounds extra will only appeal to your old granny, not a love once removed. While you gather your strength, we present some recipes that can be prepared in no time flat, leaving you with plenty of time to work out your magic.

Just because he's left is no reason to treat yourself like the ugly stepsister in *Cinderella*. You'll feel better if you observe the dinner-time amenities, just as you did when he was eating with you. “Skinny” food is more filling served up with a little atmosphere. We don't recommend drinking alone, but wine or a drink helps you to relax and digest your meager meal.

Perhaps these recipes aren't new to you, but haven't you ever drawn a blank while wondering what to cook for one? The ideas in this chapter look fat, taste fat, but won't make you fat.

T.V. DINNER (300-800 calories)

Follow the instructions. Available anywhere.

SLIM SORCERESS ARTICHOKE (170 calories)

- 1 artichoke (45 calories)
- 1 tbsp. butter (50 calories)
- Garlic powder (no calories)
- Juice of 1/2 lemon (no calories)
- Pepper (no calories)

Steam artichoke in covered pan for about 45 minutes or until tender. Serve it dressed with the butter, garlic powder, lemon juice and pepper. Treat yourself to a glass of chilled white wine (75 calories).

MAGIC MUSHROOMS (195 calories)

- 1/2 lb mushrooms (40 calories)
- 1 bouillon cube (10 calories)
- 1 tsp. butter (25 calories)

Simmer mushrooms in butter. While they are cooking, boil 1/2 cup of water, dissolve bouillon cube in water, add to cooking mushrooms, with a dash of Worcestershire sauce, and salt and pepper to taste.

Serve over one slice of thin-sliced toast (35 calories). Have a glass of hearty Burgundy (75 calories).

1 MINUTE MIRACLE (325 calories)

- Small minute steak sautéed in 1 tsp. butter (150 calories)
- Salt, pepper, and Worcestershire sauce to taste
- 1/2 tomato (25 calories)

Sprinkle with parmesan cheese and basil; cook in broiler until tender. Serve with a Bloody Mary (150 calories).

SEXY SPAM (385 calories)

- 2 1/2" slices of Spam (200 calories)
- 1 slice of round pineapple (50 calories)
- 1 tsp. prepared mustard
- Small portion of baby peas (50 calories)
- 1 glass of beer (85 calories)

Spread mustard on spam; top with pineapple slice. Cook in broiler for about 10 minutes, while peas are simmering. Serve with peas and glass of beer.

CHICKEN SOLEDAD (150 calories)

1/2 tbsp. flour	1 tbsp. chopped onion
1/4 tsp. salt	1/3 cup of stewed tomatoes
1/8 tsp. pepper	1/4 green pepper, sliced
1 chicken leg and thigh	Pinch of oregano
1/2 tsp. olive oil	Dash of white wine

Mix the flour, salt, and pepper together; lightly roll the chicken in the mixture. Sauté the onion in the oil and add chicken when onion is golden brown. Add tomato, peppers, oregano, and wine. Cover and cook for 60 minutes. Serve with a glass of white wine.

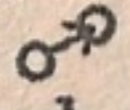
THREE SPELLS FOR REGAINING A LOST LOVER

1.

Put a live beetle in a wooden match box. Tie it with a piece of red ribbon with 7 knots in it. Seal it in a jar with red wax (from the candle you used to get your lover).

Place it in front of his door at the midnight hour on the night of a full moon. You'll hear from him or the local shrink within 24 hours.

2.

Perhaps he has left some hair in your hair brush—if he's just left. Otherwise scan the bed sheets for a few chest or pubic hairs. Put the hairs together with three from your head. Burn them together in the flame of a purple candle (for power). Put the ashes in an envelope scented with his (or your) favorite perfume. Seal the envelope, letting some of the purple wax fall on the closure. Then etch  in the wax. Address the envelope using oil of musk, blue vegetable dye, and a drop of your blood. Mail it on a first Friday of the new moon. You will hear from your lover within three days.

3.

Purify a small wooden box by passing it over burning incense made from musk and repeat the following chant:

"Where the sun goes up
Shall my love be by me
Where the sun goes down
There by I'll be."

S	A	T	O	R
A	R	E	P	O
T	E	N	E	T
O	P	E	R	A
R	O	T	A	S

Assemble the following: A lock of your hoped-for lover's hair, a lock of your own hair, pine needles, and a fresh rose. Tie the locks of hair together with a red ribbon, pass over the burning incense and repeat the chant above.

Do the same with the pine needles and the rose. Wrap the hairs, the needles and the rose in a piece of parchment that has also been purified. Inscribe the paper with the magic square shown on the preceding page.

Place the parchment in the wooden box on the night of a full moon (preferably on a Friday). Bury the box by a path your intended will be walking across. Complete this spell by repeating: "Consumatum Est (it is finished)."

Within two weeks you will gain your love.

SPELL FOR SEX

On a night of Venus (Friday), at the fourth quarter of the moon, anoint a red candle with oil of musk. Light the candle and burn musk incense. Concentrate on the object of your love and write his name on parchment paper.

CHAPTER 12

Seduction Recipes and Spells from Some Famous Witches and Sorceresses

Burn the parchment in the flame of the candle while you repeat the following incantation three times:

"Candle burn bright,
Strong and fast.
Love needs light
to make it last.
As unwavering it burns,
so does my desire.
Bring (name) to me to quench the fire."
Repeat this spell every day for nine days.

"Alas!, I suspect my heart has fallen prey to a strange power. My mind whispers, Witch; my body shivers with delight."

—David Von Vilckstone, *David and Valaria*, Puberty Press, 1975.

Did you ever see an unsuccessful witch or sorceress when it came to love? We have contacted the best known in the field, and they have happily given you their magical herbal lore and foods to do just about anything. **HAPPY HAUNTING!**

TARO

San Francisco, California

Background: Lecturer in the Black and White Arts. Taro can trace his sorcery ancestry back to the Druids.

TO OBTAIN THE MAN YOU WANT:

Sprinkle basil and some of your own blood in his food at the new moon and first quarter. Obtain a lock of the desired one's hair and lock of your hair. Bind them together with a red thread. The thread should have two knots at each end. Cast this into the fire when the full moon is in a Venus house (either Taurus or Libra). When you cast the hair into the fire say:

"Hair of his head, hair of mine . . . join us forever."

TO REPEL AN EVIL WITCH

Toss salt in the air or, preferably, on the person in question. While doing so repeat three times:

"Black lagy, hammerhead, roman tree and red thread, put this witch to her speed."

LADY ROWEN

New York

Background: Initiated into witchcraft by Gerald Gardner, High Priest. Lady Rowen rules over 12 covens.

ROWEN'S DELIGHT (dessert)

- 1 package Bird's (British) custard powder or (American) instant pudding mix
- 1 package frozen mixed fruit
- 1 package lady fingers or stale jelly roll or cake
- 1 package red Jello (prepared as directed)
- Cherries, almonds, and whipped cream to decorate
- 1 tbsp. brandy
- 1 tbsp. sherry

Place the cake in a glass dish and over it pour the fruit, brandy, sherry, and liquid jello (allow jello to thicken just slightly). Place in refrigerator to set. Make custard (or pudding mix) and leave to cool, but not set. Pour it over the cake and jello. Decorate the top, when fully set, with cherries, almonds, and whipped cream.

ROWEN'S RITUAL FOR HEALTH

This ritual should be performed at every new moon. Have incense burning throughout. Kneel before a tall, white candle. Light it and say:

"Blood flow; bone, muscle, sinew build;
Straight as the candle, pure as the flame.
Ever onward, all strength is mine,
And thanks to the gods who direct my aim."

Feel the energy flowing into you. Feel all aches and pains falling away, leaving you healthy and fit. Now stand up and say:

"As the sun rises up in the morning,
And gives to the earth from its rays

The warmth, and the health, and the joy, and the
 peace,
 That is life to all, so many ways.
 So spring I to greatness, so fit and so well,
 That I'm healthier all of my days."

Breathe in deeply a number of times, filling the lungs
 and breathing out again slowly. Think of the joy of living.
 After a few moments of this, extinguish the candle. Re-
 peat the ritual for three consecutive days, starting each
 new moon.

PAUL HUSON

Los Angeles

Background: British. Ancestral background of witchcraft.
 Well known for his book, *Mastering Witchcraft, A Practi-
 cal Guide for Witches, Warlocks and Covens*.

THE APPLE SPELL

Apples being the fruit sacred to Habondia, the witch
 goddess of love and romance, it is entirely appropriate
 that they should figure as much in love magic as they do.
 Here is the original spell translated in rhyming couplets
 from the work book of a German witch:

On Friday early as may be,
 take the fairest apple from the tree
 then in thy blood on paper white
 thine own name and true love's write.
 That apple thou shalt in two cut
 and for its cure that paper put,

with two sharp pins of myrtle wood
 join the halves till it seem good.
 In the oven let it dry:
 And wrapped in leaves of myrtle lie,
 under the pillow of thy dear,
 yet let it be unknown to her.
 And if it a secret be
 she will soon show her love for thee.*

DON SPARKS

British

Background: Don, while not a Witch or Sorcerer, quali-
 fies because of his Sunday night "Witch-ins" at his pub,
The Goose and Gherkin. A chef supreme, here is his
 favorite "Witch-in" recipe.

DON'S STEAK FLAMBE

1 lb chopped steak	1 tbsp. Worcestershire
2 tsp. capers	1 cup cognac
1 egg	2 snails
1 small onion, chopped	Salt and pepper to taste
1 dash Tabasco	

Combine all ingredients except snails and cognac with
 the chopped meat; make into large patties. Boil until
 it's "as you like it." Remove from broiler; place snails
 on top as garnish. Flame burgers with warmed (it will

* Reprinted with the author's and publisher's permission from *Master-
 ing Witchcraft, A Practical Guide to Witches, Warlocks and Covens* by
 Paul Huson (New York: G. P. Putnam's Sons, 1970).

not burn unless warmed) cognac. Serve with LOVE and a salad.

ELYA

New Jersey

Background: Well known in the tri-state area for her cures for hunger pangs and empty stomachs.

ELYA'S NOODLES KABALA

1/2 lb noodles	1/2 cup of sugar
1/2 pt. sour cream	Juice from one lemon
1/2 cup raisins	1 cup of cottage cheese
2 eggs, beaten	1 tsp. vanilla
1/4 lb melted butter	Pinch of salt

Cook and drain noodles. Add butter, eggs, cottage cheese. Blend well. Add the balance of the ingredients. Place in a well-buttered baking dish, garnish with fresh ground pepper and dots of butter. Bake at 350° until golden brown. Serves 6-8.

ANIELO

Italian.

Background: Grand Druid of COVEN. Italian heritage of four practicing sorcerers from 16th century Sicily.

RITUAL FOR STRENGTHENING YOUR MEMORY

On the night of a full moon sit alone in a darkened room in front of a mirror. Light a white candle and your astral candle. Burn sweet-smelling incense. Anoint your forehead and temples with a mixture of oil and salt. Meditate with your eyes closed for a minute or so to clear away any distracting thoughts. Then look into the mirror and repeat the following incantation three times:

"By the light of the candles,
By the power of the oil
By the strength of the salt,
My mind expands.
My memory grows."

Close your eyes once again and meditate on your newfound powers of memory. Blow out the candles, first the white one and then the other, and extinguish the incense. Repeat this ritual on every night of a full moon (if you can remember).

ANIELO'S PASSION PASTA

2 cups of noodles	Parmesan/Romano cheese,
2 tbsp. butter	grated
Salt and Pepper to taste	1/4 cup sliced blanched
1/4 cup cream	almonds

Be careful not to over cook. Boil and drain noodles. Add butter, salt, pepper, and mix well. Fold in cream and stir over a low flame. Add cheese and garnish with sliced almonds. Serves 2.

HERBERTUS

New England

Background: Ancestral sea-going. He followed the path of those before him by studying the sexual practices and foods of the natives in the major ports his ships visited.

NEW ENGLAND SEX STEW

2 quarts of clams	1 pt. beer
1 gal. milk (use cream if you prefer a thicker stew)	1 tbsp. salt
1/2 lb of butter	1 tbsp. pepper
4 lb of potatoes	1 tsp. thyme
	2 tsp. parsley

Boil the potatoes ahead of time. Peel and dice. Let milk cook slowly until it simmers; add the clams in their shells and cook for 20 minutes. Add beer, butter, herbs salt, and pepper. Cook for an additional 5 minutes. Add potatoes and cook only long enough for them to get warm. Remove shells. Serves 13 on a beach on the night of a full moon at the midnight hour.

DR. RAYMOND BUCKLAND, Ph.D.

New York

Background: British. Initiated into the craft by Gerald Gardiner, High Priest on the Isle of Man. Director of the Buckland Museum of Witchcraft. Author of *Witchcraft: Ancient and Modern*, *Practical Candle Burning*, plus many others.

RITUAL FOR MONEY

Sit cross-legged on the floor. Burn incense throughout the ritual. Take a piece of silver (half-dollar) and wrap it in a peice of orange paper. Orange is the color of attraction. Set it before you on the floor. Stand two green candles, one on each side of the money, and light them. Burn High John incense. Concentrate on the wrapped silver and see in your minds eye the silver multiplying. See it piling up, one coin on top of another. After a few minutes of this concentration, say the following:

"When the grey owlet has three times hoo'd
When the grinning cat has three times mewed,
When the toad has croaked three times in the wood,
At the red of the moon may this money be good."

Sit for a few minutes and concentrate further on the silver multiplying. Repeat the incantation again and then a third time. Blow out the candles—first the left and then the right. Repeat this ritual every Wednesday for three weeks.

RITUAL FOR SEXUAL HAPPINESS

Have incense burning. Place a large red candle beside the incense. Light it and say:

"Red is my blood
and blood is life,
Red is the candle of husband and wife.
Hot is the flame
so straight and so true.

Passion, virility are
me running thru.
As unwavering it burns,
Wax is melted by fire
So steadfast my purpose
To make my real desire!

Repeat this three times in all, each time a little stronger and louder than the last. Then taking a deep breath, blow out the candle. Do this ritual a half hour before a romantic encounter you have planned.

LOUISE HUEBNER

Official Witch of Los Angeles

Background: A third-generation witch, psychic and author, who is famous for her sexual revitalization spell:

RED CANDLE AND SEXUAL SEDUCTION SPELL

On the night of a full moon light a red candle while thinking of your intended. Repeat the following three times:

Bright the fire
Light the flame
Red is the color
Of desire.*

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CHAPTER 13

Glossary of Sorcery Spices for Seductions

"The fragrance of rosemary clung to her like a warm and enveloping cloak."—*Sabbat Spices and Sorcery* by Sam Shapiro, 1964.

As you have read so far, the gentle (or not so gentle) art of seduction may very well owe its success to the proper use of herbs and spices. Subtlety is the key, however (with few exceptions). The less he knows, the better! Unless, of course, your victim is a Freddy.

Herbs, whether fresh or dried, should be added according to taste. You want him to be overwhelmed by you, not the spice. Generally speaking, the pungency of dried herbs is twice that of the fresh. Keep in mind, however, that the longer they are kept (particularly in direct light) the less flavor and magical power remains. Keep your herbs in tightly-sealed containers.

When cooking with herbs, do not clean out your spice shelf into your cooking pot. Keep the variety limited. Too many flavors will conflict with each other resulting in an obnoxious concoction or real "witch" brew.

Likewise, spices which are derived from roots and seeds are rather pungent, and they also should be used sparingly.

Alfalfa leaf—Makes a delicious tea; can be brewed by itself or with peppermint, lemon verbena, lemon balm, or red clover; can also be crushed and added to food.

Allspice—Discovered by Christopher Columbus, it is a berry of a tree native to the Western Hemisphere. Its aroma suggests a blend of cinnamon, cloves, and nutmeg—hence, the name 'allspice'. When used whole, it can be put in soups, gravies, pickling liquids, and spiced drinks (such as fruit or wine punches). Use ground in fruit cakes, relishes, preserves, gravies, mincemeat, pumpkin, apple, and many other pies. It is sometimes used in curries.

Anise seed—Native to Asia Minor, it is probably the oldest known aromatic seed. It was used in Biblical times as currency (to pay taxes). It is still put into wedding cakes in Europe as it is supposed to bring good luck. It has a licorice-like taste and is used to flavor sweet pickles, vegetable and fruit salads, cakes, cookies, candies, stews, liqueurs, and as a fragrance in soups, sachets, perfumes, and potpourri.

Anise, Candied—Can be eaten as candy or used as a colorful, tasty cake decoration.

Arrowroot—A starch which is an excellent thickening agent. It is much better than cornstarch or flour as it does not alter the color or taste of the foods in which it is used, and it is also digested more easily than other starches.

Basil—Native to India and Persia, it has often been called the "Herb of Kings." It is also a symbol of love. It adds a pleasant, warm flavor to brown meat soups, tomato, and turtle soups. Very often used as a seasoning for pizza, spaghetti sauce, tomato dishes, and minestrone. Can be used for scrambled eggs or to add a gourmet touch to lamb chops.

Bay leaves—Also called Laurel leaves, they should be used sparingly as they are dominant by nature. They were used by the Greeks in making wreaths to crown Olympic heroes, poets, etc. Use in vegetable, minestrone, and tomato soups, chowders, pot roasts, corned beef, marinades, spaghetti sauce, and stews.

Birch bark—Symbol of the return of spring. Very aromatic, it is used to make birch beer or a tea which is especially good when sweetened with honey.

Blackberry leaves—A tasty spring tonic can be made by mixing it with equal parts of strawberry leaves and woodruff. Alone, the leaves can be made into a thirst-quenching tea (drunk either hot or cold).

Boldo—Makes a pleasant and refreshing tea.

Boneset—This herb was much used by the American Indians. It is brewed into a bitter, hot tea which can be made tasty by adding other herbs (such as one of the mints or lemon balm) and honey.

Bouquet garni—Mixture of herbs from an old French recipe. Used in broths, soup stocks, stews, sauces for meats, seafood, or vegetables.

Buchu leaves—Used to make an aromatic and invigorating tea.

Burdock root—Brewed into a tea.

Caraway seeds—Are reputed to strengthen memory and cure fickleness in loves. Used in rye bread, rarebit, cheese spreads and dips, rolls, biscuits, roast pork, pork chops, marinades for beef, salads (especially coleslaw), sauerkraut, potatoes, noodles, and rice dishes.

Cardamom—Native to India, it was brought to Scandinavia by the Vikings. Essential to Danish pastry, it is also used in apple and pumpkin pies, Swedish meatballs, spareribs, roast pork, and ham. Also essential to most curries, Turkish coffee, and Middle Eastern cooking.

Catnip—Brewed into a tea, it is pleasant and soothing for humans. (Incidentally, the herb is irresistible to cats and disliked by rats.)

Cayenne pepper—A type of hot red pepper from the Cayenne region of Africa; must be used sparingly.

Celery flakes—Dehydrated leaves of celery, used in soups, stews, sauces, stuffings.

Celery salt—Ground seed mixed with salt. Excellent with fish, soups, tomato juice, oyster stew, potato salad, eggs, salad dressings, sandwich and cheese spreads.

Chamomile—Used by the Spanish to flavor one of their best sherries (they call the herb Manzanilla). It is brewed as a popular tea in Europe, and is currently gaining rapidly in this country.

Chervil—Similar to parsley, it's often called French parsley or gourmet's parsley. Commonly used in souffles, omelettes and egg dishes, sauces, soups, meat, and vegetable dishes.

Cherries—Dried Czechoslovakian, used to flavor tea or make a home-made cherry wine.

Chili peppers—Very hot, very important in Indian, Middle Eastern, and Mexican cooking. Lends flavor to soups, stews, gravies, meat dishes, vegetables, pickles, and relishes.

Chili powder—Blend of ground chili peppers and several other herbs and spices. Basic seasoning of American-Mexican cooking (such as chili con carne). Also good in cheese sauces and dips, marinades and basting sauces, scrambled eggs, gravies, stews, and ground meat dishes.

Chives—Mildest member of the onion family. Used generously in salads, cheese dishes, omelettes, pancakes, soups, herb butters, etc.

Chrysanthemum Flowers—Can be made into a delicate oriental tea, using only one or two flowers per cup.

Cinnamon—The dried inner bark of the *Laurus cinna-*
monum tree. One of the oldest ingredients in perfumes and incense. When ground, used in pies, cakes, fruit dishes, spiced beverages. When in stick form, adds interesting dash to Sangria, hot tea, chocolate drinks, fruit punches, mulled wine, hot spiced cider, and buttered rum.

Clover blossoms (red)—Symbol of industriousness. The tea made from these was much used by medieval herbalists.

Cloves—From Zanzibar, these herbs are used in spiced drinks, pickled fruits and vegetables, marinades, cakes, cookies, and breads.

Coltsfoot—Can be made into a tasty tea.

Comfrey root—Can be made into a tea or, sometimes, into a syrup.

Coriander seed—Spoken of as an ingredient in a love potion in the Arabian Nights. One of the basic ingredients in curry powder and Indian cooking; used to flavor frankfurters, stews, cookies and candies, and potpourri.

Cream of tartar—A natural fruit acid used in making frostings, candies, and beaten egg whites. Can also remove tarnish from aluminum cookware.

Cumin Seed—Especially good in yogurt dishes, salads and dips. Essential in Mexican, Indian, and Middle Eastern cooking.

Curry powder—Blend of many spices. Used to make curries or to give variety to eggs, meat dishes, fish, vegetables, and breads.

Curry salt—Blend of curry powder and salt. Sprinkle on steaks, chicken, meat loaves, or any other dish you would use garlic salt or onion salt.

Dandelion leaf—A deliciously bitter tea. Also a bath additive.

Dandelion root—A caffeine-less coffee substitute.

Dill seed—Sharper and more pungent than dill weed; adds zest to rice, lamb stew, fish; often used in Middle Eastern dishes in conjunction with mint.

Dill weed—In the Middle Ages, a bit of this herb put into wine was believed to enhance passion. Very common in Scandinavian and Middle Eastern cooking. Delicious on fish, salads, vegetables (especially cucumbers, dips, and spreads).

Elder flowers—Honey-scented, they may be brewed with ordinary tea, peppermint and yarrow, or alone. Also used in jellies, preserves, and chutneys.

Fennel seeds—Symbol of heroism. The tea is believed to aid people to control their appetite. Used with oily fish (to cut the 'fishy' taste), puddings, sausages, cakes, and candy.

Fenugreek seeds—Can be made into a tea which is said to cleanse. Many parts of the world use it as a hair tonic to prevent baldness.

Five spices powder—Used sparingly, it is especially good in pork, chicken, and duck dishes. Pungent, sweet-smelling, it has a strong licorice-like taste.

Ginger:

(a)—*Ground Jamaican*—Especially good in chutneys, soups, gingerbreads, pies, cakes, cookies, preserved and stewed fruits, cheese dishes, and stews.

(b)—*Whole-dried root*—Can be substituted for the fresh, lasts much longer.

(c)—*Whole-fresh root*—Spoils very quickly. Can be kept fresh by burying the root in a little soil and watering it as you would any other plant. Used frequently in Chinese and Indian cooking, try grating it onto broiled or steamed fish.

Grains of Paradise—Having a strong peppery taste, it is often substituted for cardamom or black pepper. Commonly used in voodoo charms and love potions.

Gumbo file—Mixture of finely ground herbs used in Creole dishes. Also delicious in sauces, casseroles, or added onto mayonnaise.

Horehound—One of the "bitter herbs" the Jews were ordered to eat at Passover time. Used today to make horehound candy and cough drops and as a tea.

Horseradish—Can be used as a sauce by itself or to add zest to cream sauces, seafood cocktail sauces, or gravies.

Juniper berries—Symbol of protection. According to legend it hid the infant Jesus from Herod's army. The dried fruit of an evergreen shrub, it is used in many gins as a flavoring. Use sparingly in marinades and sauces for game (such as venison, rabbit, duck, lamb). Delicious in sauerkraut dishes or made into a tea.

Lemon balm—Symbol of sympathy and gentleness, it was used by the ancients in tea with honey to insure long life. The leaves are good in tea, fruit cups, with fish, and in potpourri.

Lemon peel—Used in cakes, breads, cookies, sauces, potpourri, etc.

Lemon verbena—Excellent for potpourri, soups, jellies, or jams (or crumble a little into a salad). Makes a most delicious tea.

Licorice root—Can be sucked rather than candy (it contains no sugar). Use it to flavor teas, sauces, or even meat and vegetable dishes.

Lotus root—Crunchy addition to Chinese soups and vegetable dishes.

Mace—This is the covering of the nutmeg. It is more delicate in flavor and pungent smelling. A pinch enhances cherry and chocolate dishes. Often used in cakes, cookies, pies, pickles, and preserves.

Malva leaves—A refreshing tea widely drunk in Europe.

Marjoram—Symbol of happiness to the ancient Greeks. Has a warm mellow flavor similar to oregano, but more delicate. Used in many foods such as veal and poultry seasoning, salads, fish, vegetables.

Mint Leaves (crystallized)—Can be eaten as candy, used as an edible cake decoration, or put into a drink (such as iced tea).

Mistletoe—A parasitic plant having well-known amorous associations. Its berries are poisonous, but its leaves are used to make a soothing tea.

Motherwort—An herb of Venus, believed by the ancients to make mothers and mothers-to-be joyful. Usually brewed into a tea.

Mugwort—Symbol of forgetfulness. It is used to season poultry, venison, fatty meats, and fish since it is believed to cut the "fattiness" of these foods.

Mushroom powder—Ground, dried European mushrooms. Used in soups, gravies, or sprinkled on steaks, roasts, and chicken.

Mustard seed (yellow)—Used in pickles, relishes, salads, shellfish, spiced meats, etc.

Nettle—Used by Shakespeare to represent Ophelia's tragedy. Excellent in soups and teas.

Nutmeg—Should be used sparingly in tea, coffee, souffles, cream sauces, pies, cakes, eggnog, etc.

Orange blossoms—Symbol of chastity. Due to their sweetness, they're excellent in potpourri and tea.

Orange peel—Used in breads, cakes, candies, potpourri.

Oregano—Often called the "wild marjoram," it is essential in Italian and Mexican cooking. Delicious in meats, as well as fish, eggs, with such vegetables as tomatoes, zucchini, and beans. Also great with pizza and spaghetti.

Parsley—Used by ancient Greeks and Romans after garlic and onions to remove the odor. Used to flavor and garnish soups, salads, meat, egg dishes, etc.

Passion flower—Grown in Virginia, it is a symbol of faith. Makes a soothing tea.

Pickling spice (mixed)—A combination of spices used in making pickles and relishes, boiling shrimp, and crabs; also in sauerkraut dishes.

Pine nuts—Used in Middle Eastern and Italian cooking. Especially good in rice dishes, stuffed grape leaves, and cookies.

Pomegranate molasses—A heavy juice with a tart, tangy taste. Use it sparingly in recipes that call for "a little something different."

Poppy seeds—Have a mild, nutlike flavor. Used in cakes, pastries, on breads and rolls, or added to buttered noodles, salads, egg and cheese dishes, and many vegetables.

Raspberries (dried)—Delicious in tea in cold weather. Very popular in Eastern Europe.

Raspberry leaves (red)—Historically, this tea was commonly given to pregnant women. Makes a great tea for everyone.

Rosebuds—Symbol of love. Used in sachets and potpourri; teas.

Rosewater—Commonly used in India and the Middle East. Put into cakes, pastries, pudding, and drinks.

Rosemary—Symbol of remembrance and friendship, it is said to grow only in the gardens of the righteous. An excellent spice for lamb, chicken, shrimp, breads, vegetables, stuffings, fruit salads, etc.

Saffron (Spanish)—The most delicate of spices, it comes from the stamen of crocuses. Ruled by the sun, it symbolizes happiness. Essential in making paella, bouillabaisse, risotto, and many other gourmet dishes.

Sage—Symbol of wisdom. The tea is supposed to insure long life and wisdom (hence, referring to a wise old man as a 'sage'). Commonly used in stuffings, sauces, soups, stews, herb cheeses, etc.

Savory—Believed to be the most beloved herb of the Satyrs in ancient times. It has a pleasant, slightly peppery taste (excellent for people on salt-free diets). Is a great complement to bean dishes, soups, stews, stuffings, fish, and all roast meats.

Sesame seeds—Especially good in salads, it is also sprinkled on top of Italian breads and used in vegetable, fish, chicken, and meat dishes.

Shallots—A mild member of the onion family, essential in fine French cooking. Delicious in salads, chopped and sprinkled on steaks, and a necessity in Bearnaise sauce.

Sour salt—Used in "sweet and sour" dishes and preserves.

Spearmint—Often used by itself or with green tea. Very prevalent in Middle Eastern cooking, mint sauces; greatly enhances vegetables.

Tansy—Symbol of immortality. Makes a slightly bitter tea.

Tarragon—A basic ingredient in classic French cooking. Warmly aromatic and lightly biting in flavor. Essential in Bearnaise sauce. Commonly used in tartar sauce, poultry, veal, lamb, seafood, and egg dishes.

Thyme—Symbol of courage. Great in soups (essential to Manhattan clam chowder), stews, stuffings, fish, and meat dishes; adds zest to many vegetables.

Vanilla bean—Native to Mexico, the bean is the fruit of an orchid plant. It is used for flavoring ice cream, pudding, cakes, custards, fruit sauces, etc. Try putting a small piece of the bean in your percolator when you make coffee.

Watermelon seed tea—An old-fashioned and very pleasant tasting beverage.

Woodruff—This herb was looked upon as a symbol of spring as it has a fresh, clean smell such as new-mown hay. It is used with a dry white wine to make German May Wine or other types of punches and fruit drinks.

Yarrow—Carried by many in the Middle Ages as good luck. Makes a tasty tea.

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